

Focus Area _____

Strengths & Victories _____

Intention - Best Life Vision _____

Goal _____

Challenges _____

Affirmation / Visualization _____

Brainstorm and list all possible Action Steps related to your focus area:

Blueprint for Change - Part 2

Action Steps	Date	Time	Su	M	T	W	Th	F	Sa
Mind-Body Self Care Practices	Date	Time	Su	M	T	W	Th	F	Sa

Accountability	✓	Setting	When / Where / How
		Group	
		Buddy from Group	
		Coach	