

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 Success - 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	