

### “MY PERSONAL ACTION PLAN”

The six areas of personal health and well-being are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Six tips for preventing a personal crisis before it starts:

1. Take time to \_\_\_\_\_.
2. Commit to a healthy \_\_\_\_\_.
3. Pursue a change of \_\_\_\_\_.
4. Renew your sense of \_\_\_\_\_ and \_\_\_\_\_.
5. Know that \_\_\_\_\_ will not prevail.
6. Remember that you are not \_\_\_\_\_.

The area I want to invest the most time and focus on improving is \_\_\_\_\_.

Of the six tips, the following will help me focus on improving: # \_\_\_\_\_ and # \_\_\_\_\_.

What are 1-2 attainable action steps I can take to help me accomplish my goal of improving?

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

I will complete at least one action step by the following date: \_\_\_\_\_

