

COMMITTED ACTION *Plan*

Instructions

After completing a values exploration exercise, write down your top 3 core values. Determine your intentions for each value and then brainstorm actions that will help you achieve your desired outcomes. Make a commitment to schedule these activities throughout your days, weeks, months, and years.

Core Value:

My intention for this value is:

The Committed Actions I am willing to take are:

1.

2.

3.

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My intention for this value is:

The Committed Actions I am willing to take are:

1.

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