

# The Elephant In The Mirror

## My Action Plan



### Acknowledge

1. Title:

2. Life Area:

3. Current Rating:

4. Goal Rating:

5. Planned Start Date:

6. Planned End Date:

7. Goal:

### Appreciate

8. Values this Goal Supports:

- 
- 
- 

9. Key Milestones:

- 
- 
- 

10. Quick Wins:

- 
- 
- 

### Accept

11. Reflections:

12. Celebration Task