

# My Actions

The area of my life I want to improve first is \_\_\_\_\_ by \_\_\_\_\_

Question	Answer
<b>What would have to be happening that area of my life for me to increase the score by 1? By When?</b>	
<b>What are the top 3 things I need to do to move this one step forward? Which one is the most important to do first?</b>	
<b>What resources do I need to complete this task (internal and external)?</b>	
<b>Do I need support from anyone else to complete it?</b>	
<b>What else do I need to consider or find out that would help me complete the task?</b>	
<b>When am I going to complete the task - what day, time and how long will I need to complete it?</b>	

