

My Action Plan (MAP)

Focus:

Choose one or two dimensions from your Circle Assessment to focus on during your wellness coaching. What do you want to “matter more” in your life currently?

Intention/Vision:

Considering all dimensions of well-being: work, play, movement, sleep, nutrition, relationships, resilience, and meaning and purpose...

Who do you want to be?

What do you want to be doing in life?



My Personal Strengths/Values:

List your top 5 strengths from your VIA Survey. Also, identify any other strengths and values that could be used to reach your vision. What do you value most in life? What strengths can you draw on to help you close the gap and realize your vision?



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3 Month Goals:

What can you see yourself working toward doing consistently that will bring you closer to your best life vision?

My Motivators:

What are the benefits of making changes now? What is the driving force behind the desire to change now. What do you treasure most about potential change?

My Challenges:

Identify obstacles. What challenges do you anticipate? What concerns you most?

My Strategies:

What people, resources, systems, and environments can you draw on to help you realize your vision and meet your challenges? What strategies may be effective in helping you realize your vision and meet your challenges?

Choose One Experiment: