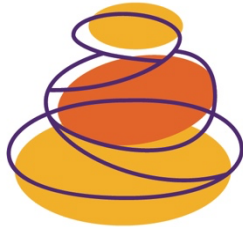


My Action Plan (MAP)

We can't solve a problem under the same conditions it was created. – Einstein



TAKE A MINDFUL PAUSE:

STOP and prioritize self-care
BREATHE to connect body and mind
THINK with a restorative mindset
CHOOSE to align with purpose

LEARN MORE AT [GUIDEDRESILIENCE.COM](https://guidedresilience.com)

Begin with a Mindful Pause to settle into the present moment with peace and ease. For a guided meditation visit: <https://guidedresilience.com/mindful-pause-brief-practice/>

Intention/Vision:

Once settled in body, mind, and spirit... What do you dream? What do you wish? What do you want?

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

I dream...

I wish...

I want...

Consider journaling...or creating a mind-map to quickly capture your main ideas.

To learn more: <https://simplemind.eu/how-to-mind-map/basics/>



Focus:

Choose one or two dimensions from your Circle Assessment to focus on. What do you want to “matter more” in your life currently? Where do you dream, wish, or want more vitality in your life?



My Action Plan (MAP)

My Personal Strengths/Values:

Go to <https://www.viacharacter.org/account/register> to take the FREE VIA Survey of Character Strengths. Note your top 5 strengths. Also, identify any other strengths and values that could be used to manifest 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?

3 Month Goals:

What can you see yourself working toward doing consistently that will bring you closer to living in alignment with your MAP?

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? You will add to this list as you experiment in the Laboratory of YOU!

Choose One Experiment: