



Block 4 - ACTION (MOVE!)

Journaling:



My new SMART goals and finalized strategy for achieving those goals:

Who am I calling on to be a part of my support tribe or Ecosystem?

What is different for me now than when I started? What are my takeaways and noticeable changes? What is next for me, and how do I need to be supported moving forward?

Who will I recommend to attend this course?