

COACHING GUIDE MODULE 6

LESSON 6: ACTION PLAN & NEXT STEPS

You most likely have a clearer idea what behaviors might be holding you back from being as successful as you want to be. The behaviors we highlighted in this Module are ones that are most common for women and are in our control to change with some regular and easy practice. I believe if we each can master these behaviors it will increase our effectiveness and how our value is perceived by others.

No matter how much experience we have, there is always more to do regarding growing and enhancing ourselves as all of us develop bad habits over time.

An action plan with accountability to yourself and others, will help you develop yourself to the next level of your own plan.

Use a notebook or journal to complete the answers in the exercise below. Reflect back on Lessons 1-5 in this Module to give you additional ideas and insights.

EXERCISE: ACTION PLAN

1. List 3 actions you will take in the next 30 days. Be as specific as you can and make sure you put in a 'by when' date for each action.
2. List 1 or 2 key practices that will support you in taking the actions above. A practice is something you may not be good at yet but need in order to get to where you want.
3. List specifically who in your network of support will you ask to help you keep your commitments to your action plan. Identify at least 3 people.

FOLLOW UP

If you want more help moving yourself forward faster, reach out to me at Wendy Capland, wcapland@visionquestconsulting.com to schedule a one hour 1:1 Coaching Session. Investment-\$500.