Take Action Worksheet

"Don't wait until you are ready to take action. Instead, take action to be ready." ~ Jensen Siaw

Female IDEATANK

List 3 things you enjoy doing for yourself:

#1 _____

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#2 _____

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_____

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#3 _____

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List 3 things that are going well:

#1 _____

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#2 _____

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#3 _____

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List 3 things you can improve:

#1 _____

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#2 _____

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#3 _____

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List 3 people you can call or email:

1. _____
2. _____
3. _____

Why do you appreciate them?

_____

_____

_____