Action Plan

**Resources for Discover Yourself: A Personal Development Workbook**

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| **Goal** |  |
| **Actions** |  |
| **Resources** |  |
| **Why is this important?** |  |
| **Timeline** |  |
| **Obstacles** |  |

**Outcome**

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| **What will the new me look like** |  |
| **How will I measure success** |  |

**Daily Activities**

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| **Affirmations** |  |
| **Morning and evening activities\*** |  |