

ACTION PLAN

TAKE CONTROL OF YOUR FUTURE

FOCUS:

What is
your focus?

.....

.....

.....

CONTROL:

How much
control do you
have?

1	2	3	4	5
No control at all	A little control	Some control	A lot of control	Complete control
				

ACTIONS:

How can you
make it better?

.....

.....

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