

Welcome Session Action Checklist

My WHY:				
Action Item	Estimated Duration	Scheduled Date	Scheduled Time	
Write your WHY statement – connect emotionally	30 mins			
and include your reason for taking action Define your Mindset for this program – who will you	JU IIIIIIS			
BE during this program	30 mins			
Set your Goal – what result will you produce over the next six months of this program	30-60 mins			
What I Learned by taking action:				
Questions, Concerns or Challenges I have:				
What I want to celebrate:				