**Welcome Session Action Checklist**

My WHY:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Action Item | Estimated Duration | Scheduled Date | Scheduled Time |  |
| **Write your WHY statement – connect emotionally and include your reason for taking action** | 30 mins |  |  |  |
| **Define your Mindset for this program – who will you 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:

Notes for next week: