

Change Plans

Logistics Change Plan

Current plans:

Gaps:

Financial Plan

Current plans:

Gaps:

Career Plan

Current plans:

Gaps:

Self Management Plans and Practices

Rituals and Habits, Reflection/Recharging (Prayer, meditation or solitude)

Current plans:

Gaps:

Managing Stress (Relaxation, breathing, communication, coping strategies, avoiding self-sabotage)

Current plans:

Gaps:

Family Time and Use of Down Time

Current plans:

Gaps: