

# My ACTION PLAN

From *“Building a Mindset That Serves You”* | Presented by Audra Bryant

**YOUR GOAL:**

**YOUR BIGGEST MENTAL BLOCK:**

**PERSONAL AFFIRMATION:**

**EMPOWERING QUESTION:**

**WHICH UNIQUE QUALITIES CAN HELP YOU ACHIEVE YOUR GOAL?**

**WHAT STEPS CAN YOU TAKE TO ACHIEVE YOUR GOAL?**