



Your Best Self, Best Life Action Plan

Connection to Self

Self-Awareness: _____

Self-Acceptance: _____

Authentic Actions: _____

Connection to Others

Connection to Higher Power or Purpose

Contribution

Want to supercharge each of these action steps? Infuse them with presence, love, authenticity, and gratitude. Review the previous chapter and write down one action step or insight that you'd like to remember for each.

Presence

Love

Authenticity

Gratitude

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