



## Session # 12: Action Guide

Celebrate!

### Empowering Lessons

**What are the most empowering lessons or realizations you want to take with you from this program?**

Write down 5 of the **most important moments and lessons** you took from these last 90 days.

1.

---

I learned:

---

2.

---

I learned:

---

3.

---

I learned:

---

4.

---

I learned:

---

5.

---

I learned:

---



## Session # 12: Action Guide

Celebrate!

### Going Forward

Over the next 90 days, I want to **focus on feeling**:

---

---

What's **important** about that?

---

---

The **3 new habits** I most want to adopt:

- 1.
- 2.
- 3.

The **support, stretch and accountability I need** is:

---

---

---

---

---

---

---