



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:
