



Session # 4: Action Guide

Mental Rehearsal

Three words that **describe the me I am stepping into** by the end of this program are:

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My **Action Steps** For This Session Are:

- 1.
- 2.
- 3.
- 4.

Question to journal on this week:

“How will it make a difference for me if I follow through with my action steps consistently this week?”

AHA/Notes:
