



Scan the last month. Consider what has went well, what didn't go so well, and what you might do differently:

Hone in on one or two of those areas that will make the biggest impact for you.

magine the impact. Why is this important to you? How will you feel when you've accomplished this?

Figure out your plan and how you will stay on track moving forward.

Take Action. Start now. Schedule it now, and include your follow-up.

What will I start doing? What will I stop doing? What will I continue doing?

Action Item	Due Date	Resources required	Date Complete

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

- Jimmy Dean

SHIFT NOTES

