

Turning Good Intentions into Incredible Impact

Please make a copy, or print, this worksheet, and be ready to use it for your own planning during our session

JUMPSTART REFLECTION / TRANSCRIBE

- What are your a-ha moments?
- What have you learned?

TRANSCRIBE

- What sessions did you attend?
- What were the key takeaways?
- What is important for you to remember?

TRANSLATE

- What are the goals and priorities in my organization?
- What are my current goals and priorities in my organization?
- How do my a-ha's, takeaways and learnings from
- this Symposium align? Misalign?
- What would have the most impact given my
- organization's goals and priorities?
- (If unclear) who and what do I need to ask?

TRANSFORM

- What are actionable, attainable goals?
- What goals need to be broken down to smaller goals?
- How will I measure success at each step?

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ADDRESSING THE PANIC ZONE

- What (if anything) makes you feel unmotivated?
- What (if anything) makes you feel uncomfortable, unconfident, or afraid?
- What (if anything) makes you feel overwhelmed or stressed?

ADDRESSING THE PANIC ZONE: ANTIDOTES

- Are these goals aligned with your personal values and purpose?
- What support, validation and/or collaboration could help?
- What prioritizing, timeline adjustments and/or support, might you need?
- What needs to be adjusted to move into the challenge zone?