

# S.T.E.P<sup>TM</sup> ACTION PLAN

*This action plan will guide you through each principle of S.T.E.P to create intentional, meaningful changes in your life*

## STRUCTURE

What areas of my life feel disorganized or chaotic ?

Write down one area to add some balance to it ? (e.d., Family routine, self-care, communication habits, intimacy)

What is one small habit I can start today to bring more structure into this area?

## THRIVE

Where do I feel most stuck in my relationships or personal growth?"

Create a "Thrive List" of activities or relationships that energize and support you. How do you want to begin implementing this list?

*Example: Spending time with family, journaling, mom support group*

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What is one action I can take this week to thrive in this week?

## EMPOWER

Where in my life do I struggle speaking up? When do I feel unheard?

Write an mantra that applies to what you want to work on to increase thriving and not just surviving.

Example:

“ I deserve to be heard and respected in my relationships.”

*Try reading this mantra 2-3x times a day to active the change!*

## PREPARE

What challenges or changes do I need to prepare for in the next month?

What do you need to equip you in preparation? ( Check all that apply)

Better communication skills      Planning tools      Prayer  
Time Management      Quiet Time      Grace      Reflection  
Boundaries      Self-care      Support Person

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What do I need to properly prepare myself for things that will take place next in my life?

S.T.E.P Commitment

Write down a personal commitment:

This week, I will focus on

This week, I will focus on

This week, I will focus on

*Keep this guide handy and revisit it whenever you feel stuck or overwhelmed. Remember, small, intentional steps lead to big transformations.*