



Action Form
(from page 164 of the book)

My Action Plan

My life purpose

One way I can manifest my life purpose

My goal

Action Steps	Resources	Obstacles	Timelines	Accountability
--------------	-----------	-----------	-----------	----------------



Betsy Smith
 PhD, Certified Life/Business Coach, ACC
 850-384-4874
bsmith@shiftchange coaching.com



Kathleen Vestal Logan
 850- 934-8056
kvllifeskills@aol.com