

UPCOMING EVENT PLAN

(NO EXCEPTIONS)

WHAT IS THE EVENT?

WHAT WILL BE CHALLENGING ABOUT THIS EVENT?

WHAT DO YOU WANT TO DO AT THE EVENT? WHAT IS YOUR
DECISION AHEAD OF TIME? YOUR COMMITMENT TO YOURSELF?

[illegible][illegible]

VISUALIZE THREE (3) SCENARIOS WHERE YOU MAY BE CHALLENGED
AND WHAT ACTION YOU WANT TO TAKE.

1. _____

2. _____

3. _____

IF IT GETS REALLY HARD, WHAT IS YOUR PLAN?

[illegible][illegible]