BREAK-UP
RECOVERY
RETREAT

YOUR ACTION PLAN WORKBOOK

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DIVORCE COACH

INSTRUCTIONS FOR YOUR ACTION PLAN:

What is an Action Plan?

You can create your bespoke Action Plan to give you control back over your life. This tool is an extremely effective way to give you the momentum you need to keep you moving forward towards a future that you are excited to live.

Your Action Plan will give you a new positive focus and show you that you have lots to look forward to in life. It will give you the daily motivation to keep moving forward however tough things seem. This is where you write all your actions, goals and stepping stones for feeling happier, moving on and redesigning your future.

You can use your Action Plan to give you momentum following a coaching session with Sara. You can also use it with her free app **"7 Steps to a Better Break-Up"**.

How to use your Action Plan

Identify some compelling goals that you would like to achieve now in your life. These can be big or small. Examples might be:

- Learn to cook
- Travel to South America
- Join a gym
- Learn to dance
- Start to have more fun

When you have your list then circle your top 3 goals and break them down into 3 "Stepping Stones". These are small steps that are easy and simple to do right now. For example:

Learn to Cook:

1. Research local cookery courses on the internet
2. Call and find out prices and available dates
3. Book the course I like most

Write your goals and stepping stones in your Action Plan so you can clearly see what you need to do. Each time you have completed a stepping stone in your Action Plan you can tick it off and add in a new one to keep you on track towards your goal.

Make sure you put in a deadline of when you commit to taking each action. Refer back to your Action Plan every day to ensure you are where you need to be.

Your personalised Action Plan is work in progress for you and you can add to it and change ideas or actions as you go. It will give you a new focus in your life and something positive and constructive to aim for. It will give you a light at the end of the tunnel and help you to create the life you want to lead.

For more help with your Action Plan you can book a coaching session with Sara sara@saradavison.com

Or download the free app **"7 Steps to a Better Break-Up"**.

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