

Planning for the Road Ahead

Next Action Worksheet



TAKE THE ROAD
LESS TRAVELLED

Take the Road Less Travelled – Lesson 3

Planning for the Road Ahead: Next Action Worksheet

NEXT ACTIONS

- Print this worksheet and complete it, or do the exercise in a separate electronic document.
- Use this worksheet to help you protect your confidence and self-esteem going forward.
- Do a brain dump to capture your secret wishes and goals.
- Start a journal to build a more caring and loving relationship with yourself.

CREATE YOUR FEEDBACK LOOP.

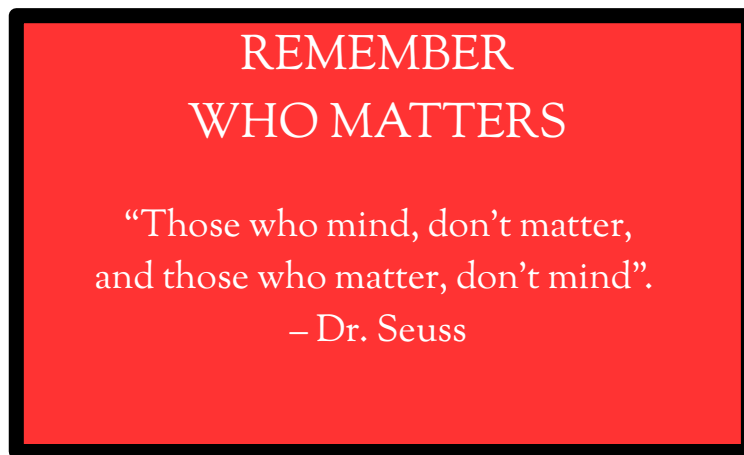
Think carefully about the people whose opinions you value. Write them down here:

I care what [Person A] _____ has to say because [reason why]
_____.

I care what [Person B] _____ has to say because [reason why]
_____.

I care what [Person C] _____ has to say because [reason why]
_____.

I care what [Person D] _____ has to say because [reason why]
_____.



YOUR EVIL MINI MONSTER.

Not all voices are created equal. We all carry a mini monster inside of us, an evil voice that tells us all kinds of gibberish.

Name your evil mini monster here: _____.

Tip: Use a Disney villain, or a name you dislike more than any other.

Next time you hear yourself say something really mean to yourself, take a deep breath, and respond:

"Hey [your evil mini monster's name], that's not true! Will you shut up? I'm trying to do something important here!"

If that doesn't help, ask yourself:

"Would I say this to my best friend?"

The point of this exercise is to get some distance between yourself and your thoughts.

BUILD A BETTER RELATIONSHIP WITH YOURSELF.

Start a journal.

Buy an inexpensive notebook that makes you smile. On the next page, you'll find an easy-to-use template to get you into the habit of writing daily.

Some inspirational quotes to help you get started:

What lies behind us and what lies before us
are tiny matters compared to what lies within us.
~ **Oliver Wendell Holmes**

It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe.
~ **Muhammad Ali**

Nothing is impossible.
The word itself says "I'm possible".
~ **Audrey Hepburn**

The way to get started is to quit talking and begin doing.
~ **Walt Disney**

There's a crack in everything, that's how the light gets in.
~ **Leonard Cohen**

And of course, the all-time favourite:

"A journey of a thousand miles begins with a single step."
~ **Lao-Tzu**

MY ONE-PAGE JOURNAL TEMPLATE.

Not sure what to write in your journal? Keep it simple. Use this as a starting point:

Hello [my name]!

[DATE]

Daily highlights:

- **Bla bla**
- **Bla bla**
- **Bla bla**

Greatest meal:

Today, I'm grateful for:

- 1. Bla bla**
- 2. Bla bla**
- 3. Bla bla**

**With love always,
[my name]**

Notice how it follows a "baby-step" approach? You're training your brain to fill in these small gaps, and it loves to do it! If you're struggling, try to write down ONE daily highlight, and ONE thing you're grateful for. Remember: "The best training is the training that gets done." This rule applies in particular to the quality of your life!

THE FEEL GOOD SECTION.

When you're ready to expand your journal, you'll want to create a feel good section. Use the template below to get started with that:

Qualities, traits and accomplishments that I'm proud of:

Nice things people say about me:

BIG DREAMS AND SECRET WISHES.

Brainstorm your big dreams and secret wishes below, then use the next page to help you achieve it. Feel free to use different colours, mindmaps, and other playful tools to make the exercise more fun :)

MY NEXT QUESTIONS:

WHAT

WHY

WHEN

Start: _____ Complete: _____.

HOW

REWARD

LESSON 3: NEXT ACTION WORKSHEET

TO DO LIST – MY NEXT ACTION STEPS

Capture those next action steps right here.

(Note: if they're too big, break them down!)

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OUTCOME

What was the outcome of your secret goal? What did you learn? Capture those lessons below:

BRIGHT SPOTS.

What is going well in my life? How could I do more of that?

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MY OWN NOTES AND THOUGHTS.