

Personal Progress

WORKSHEET

A . D . K . A . P . Steps

STEP

01

AWARE

List or describe any and all challenges you are facing.

STEP

02

DESIRE

choose a challenge to overcome, then ask yourself "why is this important to change?"

STEP

03

KNOWLEDGE

Spend some time researching what others have done to overcome that challenge .

STEP

04

ACTION

Commit and set a date to start their plan - as early as this week!

STEP

05

PERSEVERE

Change will take time and effort. Hold yourself accountable to a mentor or a coach. List your mentors here.