

# my thriving plan

Early Beta | Jenny Girl Friday

Name / Date

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**Big Picture**

I choose to thrive! ✓

I commit to thriving so that I can

\_\_\_\_\_

I believe I deserve to thrive because

\_\_\_\_\_

I choose to develop thriving in my life and work, and give myself \_\_\_\_\_ years to build toward my plan

**Mid-Level**

I will build skills and apply strategies to make this a reality ✓

2 skills or practices I plan to use:

I will build in \_\_\_\_\_ per \_\_\_\_\_ for this work

**On-the-Go**

I will stay engaged! ✓

1 Responsiveness skill or strategy I plan to use:

**Keep Going**

I will check on this plan on \_\_\_\_\_

I have put it into my calendar \_\_\_\_\_