

Let's *change!*

YOUR ACTION PLAN

The best day to start making changes is ~~tomorrow~~ today!

onewave

1A LEARNING GOAL(S)

What do you want to learn in the Onewave program?

2A ANALYZE

What do you notice about your energy patterns?

For example:

- What causes stress for you?
- When is your body in rest?
- How are stress and recovery balanced?

1B IMPORTANCE

How important is this for you?



NOT IMPORTANT

VERY IMPORTANT

2B DISCUSS

What would you like to discuss with the Onewave specialist?

3A MAINTAIN

What is going well? What are you doing that positively influences your energy level?

3C ACTIONS

**What can you do to achieve your goal(s)?
Define one or more actions as specific as possible.**

3B CHANGE

What would you like to change or improve?

3D SUPPORT

Who or what can help you with these actions?

4 CELEBRATE!

When will you be proud of yourself and how/with whom will you celebrate? Reward yourself!

5

Below you can keep track of the effects you notice. By reflecting regularly, you will learn better what works for you to stay energized!