

# YOUR PERSONAL POST-CRISIS ACTION PLAN



DATE

NAME

What are 3 things you need to experience in your life?

Ex. Go on a world trip with my partner.

How do you need to grow as a person/parent/partner/friend/coworker?

Ex. Learn a foreign language.

What does contribution mean to you? How can you help others?

Ex. Volunteer with my kids at a local shelter.

How will you hold yourself accountable for these changes?

Ex. Do this with a friend and check in with each other in 3/6/9 monts.