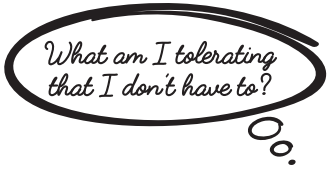


Planning Worksheets 2020

5 Steps to Identify & Alleviate Pain Points



- ✓ 1) Make a list - Start with 5-10 items in each column
- ✓ 2) Ask "Why?" - Determine what's holding you back
- 3) Categorize - Easy, Challenging, Short-Term, Long-Term
- 4) Plan - Pick an item from each category to address
- 5) FOLLOW THROUGH - Hold yourself accountable!



Personal

Professional

Pain Point

Why I tolerate it:

Pain Point

Why I tolerate it:

Planning Worksheets 2020

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What am I tolerating that I don't have to?

Easy

Challenging

Short-Term
.....

Long-Term
.....

Short-Term
.....

Long-Term
.....

I am up for a challenge.

Follow-Up Date: