

ACTION PLANNING TOOL FOR LEADERS

BE WELL LEAD WELL® ACTION PLANNING

0	ne insights you gain from <i>Be Well Lead Well Pulse®</i> can be powerful. Even more owerful is turning those insights into actions that matter to you. Use the ollowing planning tool to support your wellbeing journey.	
1.	CURRENT REALITY. Review your personal <i>Be Well Lead Well Pulse®</i> findings. What do the findings say to you?	
2.	. VISION AND GOALS. Based on your <i>Be Well Lead Well Pulse®</i> findings, what results would you like to create or areas would you like to improve? In other words, what shift in your consciousness or capabilities would be most	
3.	worthwhile to you as a leader and whole human being? OPTIONS FOR ACTION. Based on your response to Question #2, brainstorm a	
	list of actions to help you elevate your life and leadership.	
4.	THE RIGHT ACTIONS FOR RIGHT NOW. So many possibilities! Review the actions you generated in Question #3 with these questions in mind:	
	Which actions are most energizing for me?	
	• Which actions are most aligned with my personal needs and leadership style?	
	Which actions help me role-model my commitment to thriving?	
	Which actions help me create a culture that invites others to thrive?	
	Put your favorite actions into the first column of the table on the following page. Deciding where to put your precious energy is as much art as it is science. Use a little of both to rank each potential action.	
	THE SCIENCE: Think of each possible action as a gold nugget you place on a scale. The ones that carry the most weight will meet most of your criteria most of the time. In this case, your simple criteria are:	
	• Impact: This action will produce a good return on investment of my time and energy.	
	Ready: This is the right time for this action right now.	
	• Willing: I'm truly inspired to take this action. I get excited thinking about how it will affect me and others.	
	• Able: I have the right skills, support, and resources to implement this action right now.	
	Rate each possible action on a 1–5 scale for each criterion. A "1" means it doesn't meet that criterion at all while a "5" means it aces the criterion. Add up the scores. The higher or "heavier" the score is, the more weight that action carries.	

Action		Impact	Ready	Willing	Able	Score
	THE ART: Step bac	ck to take a la	arger look at	your ratings		
	 You may have mealize that you 	•	_		•	
	you may be dra	wn to a poss	ible action w	ithout a clea	ır reason. You	ır intuition
	is often a wise c actions, what in	-	-	-		
	5. MAKE A PERSON	IAL COMMI	TMENT. Sel	ect the best	actions that o	deserve
	your time and ener that you commit to					
	experiment with th	nese actions,	you can cha	-		-
	a personal commit					
	6. PUT A PLAN IN P		ach action yo	ou committe	d to, answer	the
······································	CRITICAL ACTIV	VITIES: What	are the mos	t important s	steps for you	success?
	BARRIERS: What	t could be b	arriers to you	ır success?		
	WHO TO INVO	LVE: Who ne	eds to suppo	ort your effor	t? Who can h	nelp amplify
	your effort? Wha	at do you ne	ed from ther	n?		
	 ALIGNING FOR or support your 					elp reinforce
	MEASURING PF		, ,			aress?
				,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		,

Action 1					
Critical Activities					
Barriers					
Who to Involve					
Aligning for Support					
Measuring Progress					
Action 2					
Critical Activities					
Barriers					
Who to Involve					
Aligning for Support					
Measuring Progress					

Action 3			
Critical Activities			
Barriers			
Who to Involve			
Aligning for Support			
Measuring Progress			

7. CELEBRATE! You made remarkable progress in building your plan of action to uplevel your wellbeing and leadership. Now it's time to put it to use!

"Today's complexities are our opportunity to unleash human potentials to grow, evolve, and thrive, individually and collectively. Be Well Lead Well® empowers leaders with insights and tools to tap into these potentials within themselves, as well as in the people and teams they lead."

— RENEE MOOREFIELD
CEO, WISDOM WORKS GROUP



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