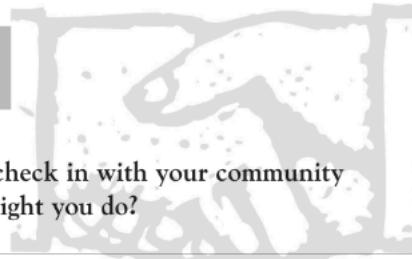


BRAVING Plan for Change



Strategize your seven-day plan for growth! After seven days, check in with your community and support team. Reassess: How are you doing? What else might you do?

Which ONE component of **B-R-A-V-I-N-G** have you highlighted as your priority for growth for the week ahead?

My selected component for growth is...

Describe a **specific behavior** that made you choose this area. (For instance, if you highlighted Vault, perhaps you gossip to form connections with others.)

I have chosen this because...

What is your **"to-do"** list? What might you observe? How could mindfulness be helpful? What could replace this familiar (not-so-helpful) behavior? Is there something to read or watch that could form different thoughts or possibilities?

I will...

We all benefit from **support**, especially when making change. What support do you need? Who can you enlist to be thinking with and about you? What specific role can each support person have? Does offering encouragement, being a sounding board, or providing feedback sound like possibilities? For each person, specify a role and responsibility.

My support team is...

What **evidence** will let you know that you are growing in this area? What do you imagine will result from your plan and support, and doing all for seven days? What clues and feedback will you look for?

I will know I am growing when...

Check in after 7 days: How am I doing? How do I know something has changed? What needs adjusting in this plan? What will be the next B-R-A-V-I-N-G- component to tackle?

Congratulations: You are learning a process called "Extended Plus-Delta." This can be useful in relationships, work, and self-growth. You identify an **AREA TO CHANGE**, construct a step-by-step **PLAN** of what you will do, add **SUPPORT**, put it into ACTION (time to do all) and seek out **EVIDENCE**.