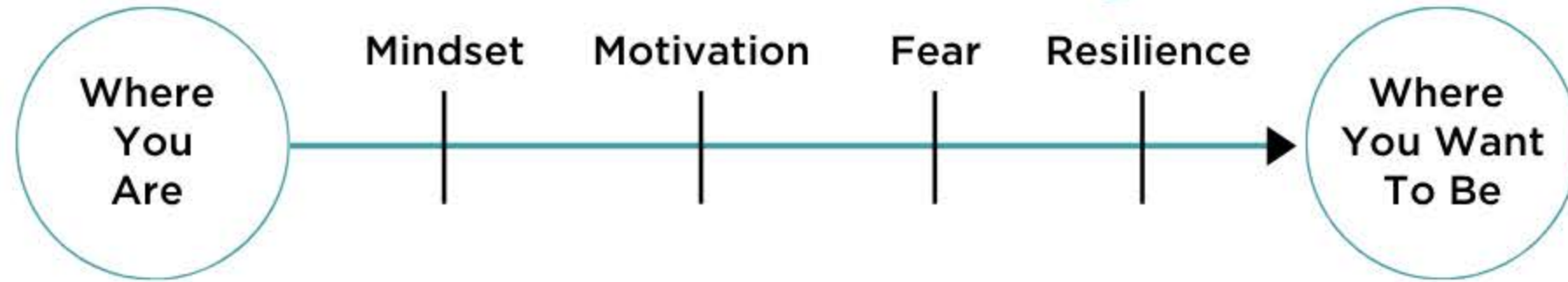


Action Bridge



1. PMO: _____
2. Deadline: _____
3. Plan: _____
4. Action: _____

OPPORTUNITY FORMULA: I will [personally meaningful opportunity] within [deadline] by [plan]. I will achieve this by [consistent action].

Mindset

Motivation

Fear

Resilience

1.

1.

1.

1.

2.

2.

2.

2.

3.

3.

3.

3.