

**SUSTAINED ACTION PHASE**  
**Action-Able Exercise SA1:**  
**Track your change**

How will you count steps toward your Future Self?

---

---

---

---

---

What did you learn from your observations of steps forward and back today?

---

---

---

---

---

How does your action plan need to be modified to incorporate what you learned?

---

---

---

---

---

What are you proud of about how you handled your change process today?

---

---

---

---

---