

The 3 Pillars for Breakthrough Action Plan

Purpose: Guide participants to apply the framework of Alignment, Boundaries, and Bravery.

Step 1: Alignment

- Which ONE decision, habit, or behavior in your work could you shift to better reflect your values?
- Example: "Say no to projects that don't connect to my purpose of equity and inclusion."

My Alignment Shift: _____

Step 2: Boundaries

- What boundary could you set this week to protect your energy?
- Example: "No work emails after 7pm."

My Boundary: _____

Step 3: Bravery

- What brave action have you been avoiding because it feels uncomfortable?
- Example: "Have an honest conversation with my manager about workload."

My Brave Step: _____

Step 4: Accountability & Support

- Who can I reach out to for accountability? (coach, therapist, mentor, trusted peer)
- My accountability partner: _____

Closing Commitment

Write **one word** that represents how you want to show up this month:
