

UPCOMING EVENT PLAN

NO EXCEPTIONS

1. What is the event?

2. What will be the challenging about this event?

3. What do you want to do about the event? What is you decision ahead of time?
Your commitment?



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4. What is your specific plan to carry this out?

5. When you arrive at the event, how will you justify or excuse not following your plan? (Anticipate the obstacles)

6. Visualize three scenarios where you may be challenged and what action you want to take.

1)
2)
3)



