

SELF-ASSESSMENT ACTION PLAN

Great job on completing The 30 Day Kindness Challenge! Once you've finished the Challenge, fill out the three After sheets with what to work on for the long run.

AFTER

After the 30-Day Kindness Challenge

Nix the Negatives

How did you do with not being negative either *to* or *about* another person or group? Now that you're more familiar with what you need to work on, review any notes from chapter 6 and the thirty days of the Challenge. Then fill in the blank columns below with the most important items to focus on as you move forward.

What am I already doing well?			
What do I most need to work on?			
What specific, short-term action step am I going to take to improve? (This must be a specific, measurable action. "Try harder" is not measurable. "Do such and such three times a week" is specific and measurable.)			

AFTER

After the 30-Day Kindness Challenge

Practice Praise

Were you able to overcome some key traps and get into a habit of praise? How was your praise received? Review any notes you made during the Challenge and your notes from chapter 7. As you move forward, what do you most want to work on during the season ahead? Write it down and resolve to do so. Then come back here in another month and see how you've done and what you want to do next.

What am I already doing well?			
What do I most need to work on?			
What specific, short-term action step am I going to take to improve? (This must be a specific, measurable action. "Try harder" is not measurable. "Do such and such three times a week" is specific and measurable.)			

AFTER

After the 30-Day Kindness Challenge

Carry Out Kindness

Did you enjoy finding ways to be kind and generous? Which worked best? What do you want to do more of? Review your notes from chapter 8 and from the 30-Day Kindness Challenge, then fill in the columns below with your longer-term go-forward plan. Come back in a month or two and see whether you've done it and what, if anything, you want to adjust.

What am I already doing well?			
What do I most need to work on?			
What specific, short-term action step am I going to take to improve? (This must be a specific, measurable action. "Try harder" is not measurable. "Do such and such three times a week" is specific and measurable.)			