

Courageous Conversations

ACTION PLANNING WORKSHEET

at
HER
BEST

Start Here: Reflection

Where do you feel stuck?

Which issue do you need to address, and with whom to get unstuck?

What are the benefits of having this conversation?

What are the consequences for inaction?

Prepare: Start with the End in Mind

What Do I Want To Achieve:

For Me:

For Them:

For the Relationship: