



I AM ABUNDANCE BOUND ACTION PLAN

“Tell me, what is it you
plan to do with your one
wild and precious life?

– Mary Oliver

2025 2026

PART 1: My Zones

List the core areas of your life where you want/need to be actively creating results.

“It is not enough to be busy... The question is: What are we busy about?”

- Henry David Thoreau

Zone Title: _____

Zone Power Statement

Zone Title: _____

Zone Power Statement

Zone Title: _____

Zone Power Statement

Zone Title: _____

Zone Power Statement

Zone Title: _____

Zone Power Statement

Zone Title: _____

Zone Power Statement

PART 2: My Habits

List the daily/weekly habits that you are committed to adopting (and therefore scheduling) into your life:

1.

2.

3.

4.

5.

6.

7.

8.

"First forget inspiration. Habit is more dependable.
Habit will sustain you whether you're inspired or not."

– Octavia Butler

PART 3: My Goals

List up to 3 goals for each of your Life Zones.

Try to create goals that have clearly defined action steps towards their achievement.

"People with goals succeed because they know where they're going."

- Earl Nightingale

Zone Title: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Zone Title: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Zone Title: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Zone Title: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Zone Title: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Zone Title: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

PART 4: My Tasks

It's easy to get overwhelmed by the size of our goals. But each one has a list of short (5-minutes to one or two hours) tasks that will lead to the goals completion.

Take each goal and begin to divide it into smaller steps. Consider whether there are even tinier steps leading to the completion of the smaller steps. Seek help from a friend or colleague if you are having trouble identifying the smaller steps. It may mean that your goal requires some refinement to increase its specificity.

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."

- Confucius

GOAL: _____

GOAL: _____

GOAL: _____

GOAL: _____

GOAL: _____

GOAL: _____

PART 4: My Tasks (cont)

“Our goals can only be reached through the vehicle of a plan in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”
- Pablo Picasso

GOAL: _____

GOAL: _____

GOAL: _____

GOAL: _____

GOAL: _____

GOAL: _____

PART 5: My Team

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Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life forever.

Amy Poehler

Mentors & Masterminds

It isn't easy to do this work alone. We're human. We get discouraged.
 You want to recruit, cherish and learn from talented people
 – both MENTORS & MASTERMINDS – so that together you can support your dreams.

*"If you want to go fast, go alone.
 If you want to go far, go together."*

– African Proverb

Take the time to create a list of your ideal **mentors**. What specifically do you feel you could learn from them?

Name	Learn?
1.	
2.	
3.	
4.	

List people that you would like to have as part of your **Mastermind Alliance**. What strengths would each individual bring to the group?

Name	Strength?
1.	
2.	
3.	
4.	

PART 6: My Theme

► Become Abundance Bound

It's easy to put our focus on all we want to accomplish ... on the "things" we want to have.

What might our lives look like if we put even more attention on who we want to BE?

Use the following list as inspiration to select a single word that describes the *texture* you are committed to creating in your life.

What feeling do you want more of? Choose a word that describes the *condition of your heart* that will allow you to soar.

Abundance	Compassion	Friendship	Learn	Resilience
Acceptance	Confidence	Fun	Light	Rest
Adventure	Connection	Generosity	Listen	Rise
Aligned	Conscious	Gentleness	Love	Self-Love
Allow	Consistency	Grace	Magic	Serenity
Authentic	Contribution	Gratitude	Mastery	Service
Awareness	Courage	Grounded	Mindful	Simplicity
Awe	Creativity	Growth	Openness	Soul
Balance	Discover	Harmony	Patience	Space
Become	Dream	Heal	Peace	Spirit
Begin	Ease	Heard	Play	Stability
Belief	Effortlessness	Heart	Possibility	Stillness
Beauty	Emergence	Home	Potential	Support
Bliss	Energy	Hope	Power	Surrender
Boldness	Enlightened	Imagine	Present	Transformation
Boundaries	Enough	Inspired	Progress	Trust
Breathe	Expansion	Intentional	Purpose	Unstoppable
Calm	Explore	Intuition	Quiet	Vision
Capable	Express	Journey	Rebuild	Vitality
Celebration	Faith	Joy	Reflection	Vulnerability
Challenge	Focus	Kindness	Relationships	Wellness
Choice	Forgiveness	Knowing	Release	Wholehearted
Clarity	Foundation	Laughter	Renewal	Willingness
Commitment	Freedom	Lead	Reset	Wisdom

“

The soul becomes dyed with the color of its thoughts.

– Marcus Aurelius

MY WORD:

Become Abundance Bound

