

## RENEWAL ACTION PLAN

(Follow the five practices to create your personal strategy.)

**Practice 1: Honesty** — Who will I be honest with and how?

**Practice 2: Path** — What cues will I avoid?

**Practice 3: Access** — What access points will I remove?

**Practice 4: Thoughts** — What is my “No and Go” response?

**Practice 5: Replacement** — What life-giving activities will I choose instead?

**My Renewal Action plan:**