

## 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:**