

Professional

TRUE GROWTH®

Action Plan

Name: Dave Sample

Date: 1 Oct 2016

Goal: Improve at encouraging, listening to understand and using the input of others

Specific
Measurable
Achievable
Results Based
Time Specific

- ✓ My Core Purpose _____
- ✓ Core Value supported _____
- ✓ Leadership Behavior supported _____

My Action Specific, Measurable, Achievable	Accountable Who?	Time Specific By What Date?	Results Based
Listen without interrupting and say "thank you"	Jim	1 Nov	30 days Display more patience
Summarize what I hear after a conversation	Jim	1 Dec	60 days Show consideration
Demonstrate understanding & appreciation by implementing advice	Jim	1 Jan	90 days Rich, free flowing dialogue



Personal

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Action Plan

Name: CSM Billy Sample

Date: 1 Aug 08/13 Mar 13

Goal: Become a better father

Specific
Measurable
Achievable
Results Based
Time Specific

- ✓ My Core Purpose Live a values-based, purpose filled life and pass it on
- ✓ Core Value supported Family
- ✓ Leadership Behavior supported Stay connected

My Action Specific, Measurable, Achievable	Accountable Who?	Time Specific By What Date?	Results Based
Call each of my adult children every 10 days	Wife	29 Aug	30 days Display more patience
Write a surprise hand-written personal note monthly	Wife	1 Sep 08	60 days Show consideration
Visit each of our children semi-annually	Wife	1 Feb 09	90 days Rich, free flowing dialogue
Visit our new grandchild within 30 days of birth	Wife	1 Nov 08	
Skype with grandchildren monthly	Wife	1 April 13	

