



GETTING TO **AWESOME** TOGETHER

A PERSONAL CALL TO ACTION

The WCU Action Plan process challenges us to **BE BETTER | THINK BIGGER | FOSTER MOMENTS**. This worksheet will help you explore how to do that at a personal level. This tool is not a job evaluation form, nor is it something that needs to be shared with your supervisor. Instead, it is a personal reflection guide. Consider this as an opportunity to pause, think, and invest in your own growth as a person. You can share it with others as you see fit; it is amazing how much more a goal stays front-of-mind when we tell someone else about it.

DON'T OVERTHINK IT

Start by picking just ONE THING that you can do to **BE BETTER | THINK BIGGER | FOSTER MOMENTS**.

If you think of multiple things, use a different worksheet for each one.

NEED HELP GETTING STARTED?

Below are some prompts to get you thinking, but feel free to go in any direction you like.

What matters most is that you take one step closer to "awesome." Getting there isn't about perfection — it's about progress. Each moment of awareness and each choice to grow brings you closer to your best self.

BE BETTER

What positive attribute do you wish to cultivate more fully in yourself? It's not about doing more, but doing things differently. What would growth look like in areas such as personal well-being, relationships, resilience, communication, empathy, patience, or self-confidence? Do you want to be more present, less reactive, more open to feedback, or better at setting healthy boundaries?

THINK BIGGER

This is about upstream and downstream thinking. Is there a way to address a challenge at its root cause rather than solving the same problem repeatedly (upstream thinking)? Or perhaps you want to be more mindful of how your actions/decisions impact others (downstream thinking).

FOSTER MOMENTS

What's one thing you can do to help someone feel more welcome, more heard, or more valued in your life? This is about how you show up for others, the energy you bring, and the example you set. How do you want people to feel when they've spent time with you?



WHAT ARE YOU GOING TO DO (GOAL)?

WHEN ARE YOU GOING TO DO IT (TIMELINE)?

HOW WILL YOU KNOW YOU ARE MAKING PROGRESS (MILESTONES)?