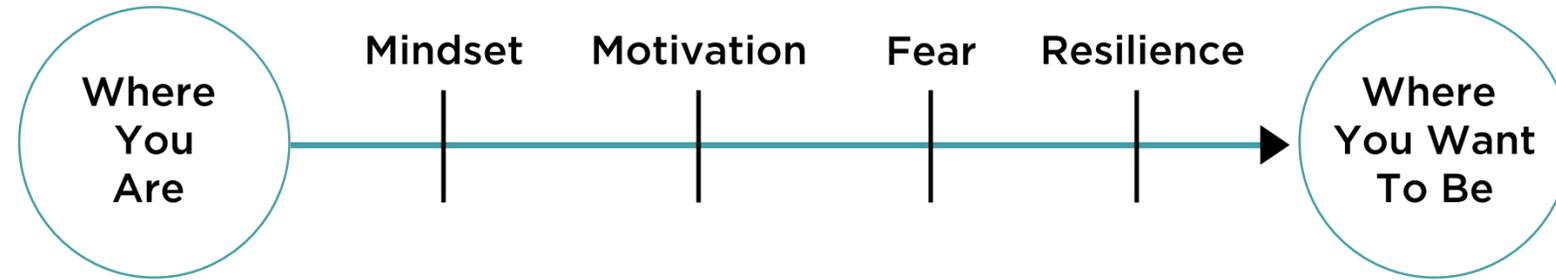


# Action Bridge



1. PMO: \_\_\_\_\_
2. Deadline: \_\_\_\_\_
3. Plan: \_\_\_\_\_
4. Action: \_\_\_\_\_  
\_\_\_\_\_

**OPPORTUNITY FORMULA:** I will [personally meaningful opportunity] within [deadline] by [plan]. I will achieve this by [consistent action].

Mindset

Motivation

Fear

Resilience

1.

1.

1.

1.

2.

2.

2.

2.

3.

3.

3.

3.

# *Develop Your Mindset*

- 1. Focus On Your Strengths:** What skills or unique characteristics will help you enjoy this process?
- 2. Reframe Possibilities:** What new possibilities will be created after you take consistent action?
- 3. Visualize Your Outcome:** How will you think and feel when you reach your end goal?

# *Find Your Motivation*

- 1. Enable Belief:** What actions can you take to increase your self confidence?
- 2. Spark Ambition:** Why is right now the perfect time for you to start taking consistent action?
- 3. Create Sustainability:** How will you intentionally focus on progress over outcomes?

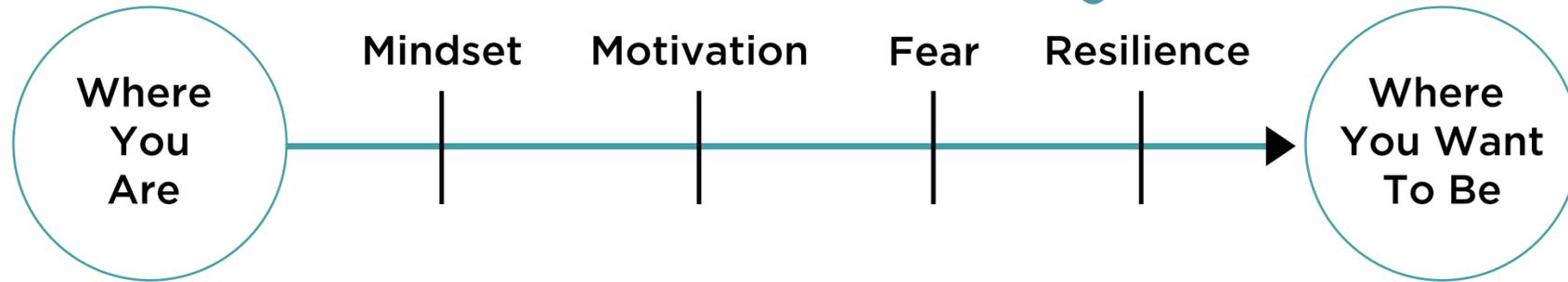
# *Step Forward In Fear*

- 1. Evaluate Your Opportunity Cost:** What is the devastating, long-term result of not taking action?
- 2. Reframe Outcomes:** What is the generational impact of taking action in the face of your fear or anxiety?
- 3. Empower Your Beliefs:** What advice would you give to a friend who wanted to pursue your PMO?

# *Persevere With Resilience*

- 1. Strengthen Mental Resilience:** How will you overcome negative thoughts and emotions?
- 2. Expect Setbacks:** What new opportunities will you look for when others close?
- 3. Leverage Your Relationships:** Who can help you discover and solve unanticipated problems?

# Action Bridge



- 1. PMO:** Get a job in communications
- 2. Deadline:** 3 years
- 3. Plan:** Develop my writing/storytelling skills
- 4. Action:** Use my blog to create future opportunities for myself

**OPPORTUNITY FORMULA:** I will [personally meaningful opportunity] within [deadline] by [plan]. I will achieve this by [consistent action].

## Mindset

- 1.** I enjoy being creative with my blog and social media pages
- 2.** I'll create more opportunities where they don't currently exist
- 3.** I'll feel proud of myself and feel like I can have a meaningful career

## Motivation

- 1.** Get feedback about my content from people I trust
- 2.** I have time off work to reflect and write about important topics that can help others
- 3.** I'll measure success by each blog I publish vs. its stats, likes or feedback

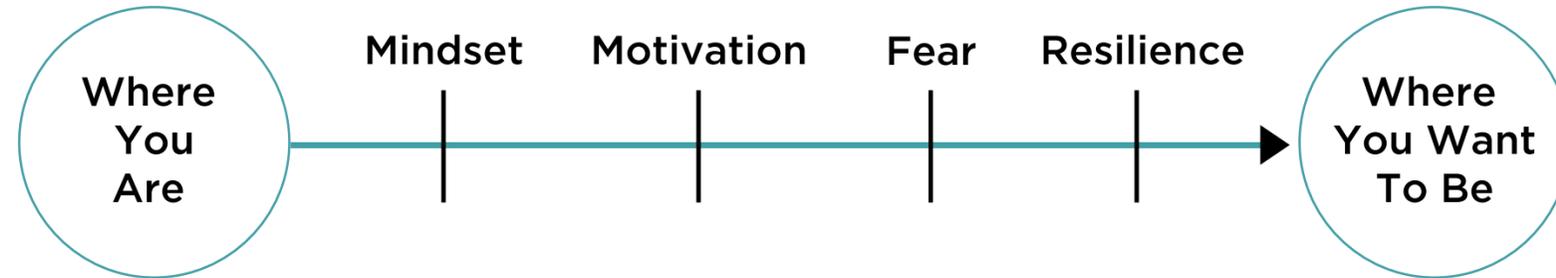
## Fear

- 1.** I may be stuck doing meaningless jobs and feel hopeless, unhappy or depressed
- 2.** I can encourage others when they feel defeated or without hope. Then they can do the same for others
- 3.** Go for it! Even if you don't get exactly what you want, other opportunities will open up

## Resilience

- 1.** I'll remind myself why I started and the impact it has made on others
- 2.** I'll look for ways I can build on the things I learn, enjoy and do well along the way
- 3.** My biggest supporter and encourager, Katie

# Action Bridge



- 1. PMO:** Lead difficult conversations about cancer
- 2. Deadline:** Six months
- 3. Plan:** Be proactive with family & friends
- 4. Action:** Maintain honest self-reflection and write down what I want to communicate

**OPPORTUNITY FORMULA:** I will [personally meaningful opportunity] within [deadline] by [plan]. I will achieve this by [consistent action].

## Mindset

- 1.** I'm good with technology and I like organized communication
- 2.** My relationships with family and friends will grow deeper and become more meaningful
- 3.** I'll experience peace knowing I created a safe environment to share meaningful feelings

## Motivation

- 1.** I can reflect on my innermost thoughts and feelings. Then be proud of my authenticity
- 2.** Because I am not guaranteed to live beyond my cancer treatment
- 3.** I'll focus on planting seeds instead of seeking assumed outcomes or immediate gratification

## Fear

- 1.** My family and friends will forever live with unresolved feelings and heartache
- 2.** I will model positive communication habits that they can show others
- 3.** Your efforts will transform devastating news into life-changing moments

## Resilience

- 1.** I'll surround myself with people who encourage me and build me up
- 2.** I'll seek to learn new methods for achieving the results that bring me joy
- 3.** Other cancer survivors who understand what I'm going through