

## Developing an Action Plan and Timeline

**Exercise:** Create a step-by-step action plan with estimated dates for completion. List specific tasks, such as “Research partner organisations,” “Draft a proposal” or “Schedule introductory meetings.”

Write your answer here

- Step 1
- Step 2

**Reflection:** Review your timeline. Are the deadlines achievable? Do the steps follow a logical sequence? Adjust if necessary to ensure your plan is both realistic and adaptable.

Write your answer here

- Timeline: milestone 1
- Timeline: milestone 2

**Thought Experiment:** Picture how you will feel as you accomplish each milestone. Visualise how completing each task brings you closer to your goals.

Write your answer here

- Timeline: milestone 1
- Timeline: milestone 2



# Imprint

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