










7 Pillars Follow-Up Actions

Review your *7 Pillars Scorecard Assessment* and note in the chart below the actions you plan to take to improve in each of the areas for which your assessment showed a challenge.

Pillar	Notes and Action Plan
 LOW STRESS	
 STRONG VALUES & VISION	
 SLEEP	



 HEALTHY DIET	
 EXERCISE	
 CLEAN ENVIRONMENT	
 FUN	