

# Seagles Consulting Group

*A Coaching, Training, & Consulting Company*

## The 'One Small Shift' Action Plan

Instructions: Identify one change you will make in the next 7 days to create better balance.

**Choose One:**

<b>STOP doing</b> (Eliminate unnecessary tasks)	
<b>START doing</b> (Add a habit that brings balance)	
<b>CHANGE how</b> (Work smarter, not harder)	