

Virtual Training Post-Training Activity Sheet

BridgeTower Media



Name: _____ Date: _____

Action Plan

✓ Specific Goal: _____

✓ What Skills I Want to Work On: _____

✓ What I Need to Change: _____

✓ Constraints: _____

✓ Action Steps: _____

✓ Expectations: _____

What I Will Do Differently:

✓ Tomorrow: _____

✓ Next Week: _____

✓ Four Weeks: _____

✓ Eight Weeks: _____
