

## MOVE OUT

**FOR YOUR CONSIDERATION:** Military planners often start by describing the desired end state and work backwards from that point to determine actions that will result in that end state. The same process is helpful for making personal improvements. Starting with the end in mind means stating the desired results and working backward to determine, “what will enable me to change so that I can achieve my desired results?” You can do this by thinking through the desired outcome of an aspect of your character that you want to change or improve upon.

**INSTRUCTIONS:** Use the space below to plan the anticipated results of your change or improvement and record what motivates you to take action.

Store this document in a place where it will serve as a continual, yet confidential and private, reminder of what action you have made a commitment to implement. For follow-through and accountability purposes, it is helpful to share selected actions with a trusted peer or mentor.

If I successfully change a behavior associated with my character, it would look like:

Outcomes/results I might be able to measure or notice would be:

Outcomes/results others would notice from this change or improvement would be:

The current behavior or action associated with my character that I most need to change (because it is a weakness or potential vulnerability) looks like:

If I continue to behave or act in this way, the worst that could happen is:

Who or what in my life motivates me to want to change this behavior?