

## Post-WorldCon Action Plan

**The single most meaningful or vital moment at ACBS World Conference for me was:**

What this says about what I value is:

**Please reflect on your experience at WorldCon.** What did you learn about yourself or your practice? How can you turn that into action -- into something to practice, try out, apply, learn more about, or practice?

**A concrete goal I could complete that moves me in that direction is:**

Thoughts, feelings, sensations, urges I'm willing to have (in order to achieve this goal):

- Thoughts:

- Feelings:

- Sensations:

- Urges:

**I can break this goal down into smaller steps, such as:**

The smallest, easiest step I can begin with is

The time, day, and date that I will take that first step is