



CREATING A PLAN FOR LEARNING AND GROWTH: Healing + Heart + Head + Hands

What is your North Star?

The vision/values/commitments that will guide you on your journey

Where would you like to be on your journey at the end of the coming year?

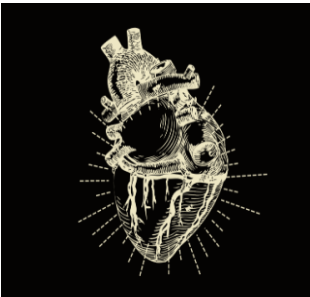
What kind of milestones could you set along your path?

Goals and milestones you would like to reach



HEALING

Where would you like to offer space and care for your healing, rest, and reflection? What are the boundaries you can name and practice in order to protect and support these spaces?



HEART

What are the relationships and connections that you would like to develop and nurture? Name a few people, networks, or groups you would like to connect with AND your plan for reaching out.



HEAD

What kinds of ideas or skills would you like to learn more about? Identify a couple of concrete resources like books, workshops, conferences to support your learning journey.



HANDS

What are the technical resources you need to support you on this learning journey? For example, program management apps, organizational policies, funding, job descriptions, etc.