

**Action Partner
Initials**

● Very little effort ● Some effort ● Significant effort

A I acted on the plan I made to serve someone. ● ● ●

B I wrote down one thing I am grateful for each day. ● ● ●

C I worked on my personal commitment. ● ● ●

D I contacted and supported my action partner. ● ● ●

E I shared what I learned with my family or friends. ● ● ●