



5 Actions

to lead CBD in your program



01. Embrace Your Role

Why are we changing?

- ✓ _____
- ✓ _____
- ✓ _____



Who should join your team of champions?

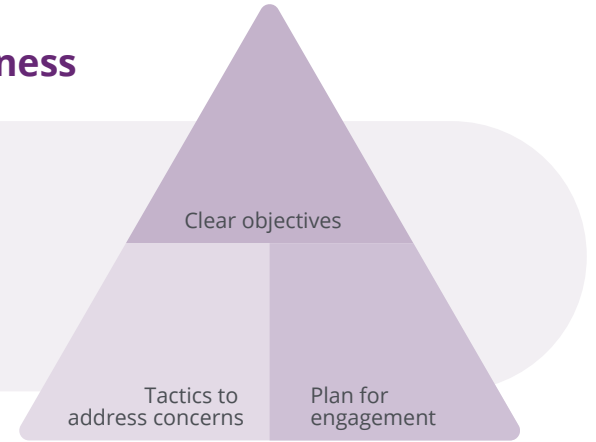
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02. Assess Readiness

Who will be affected?	Why do they care?
What do they support?	What do they resist?



03. Build Readiness



04. Support Your Program

What does success look like?

- _____
- _____
- _____

Make Progress Visible

- _____
- _____
- _____



Commit to Self-Care

I will make this commitment by:

- _____
- _____
- _____

Self-Care Strategy:

- ✓ Eat well
- ✓ Exercise
- ✓ Stay positive