

## Insight to Action Planner (20 mins)

Date: \_\_\_\_\_

Team Member: \_\_\_\_\_

Leader: \_\_\_\_\_

### 1 Challenge Overview (3 minutes) A brief description of the challenge

### 2 Card Selection (2 minutes) Choose a card that most resonates

Selected card \_\_\_\_\_

### 3 Insight Generation (5 minutes)

Reflections on the card's message and its application to the challenge: \_\_\_\_\_

What new perspectives have been gained: \_\_\_\_\_

### 4 Action Planning (8 minutes)

Potential actions to address the challenge:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Prioritised step-by-step plan:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Relevant Neuro Nudges website resources: \_\_\_\_\_

Neuro-insights from the card's reverse side: \_\_\_\_\_

Implications for action: \_\_\_\_\_

### 5 Commitment (2 minutes)

Immediate action step to be taken within the next week:

Target completion date: \_\_\_\_\_

Follow-up \_\_\_\_\_

Next check-in date: \_\_\_\_\_

Notes for future reference: \_\_\_\_\_