

# The Path UP Starts Within

Presented by:  
Vanessa Philbert  
CEO, Community Action Partnership

# Roadmap

## Welcome / Introduction

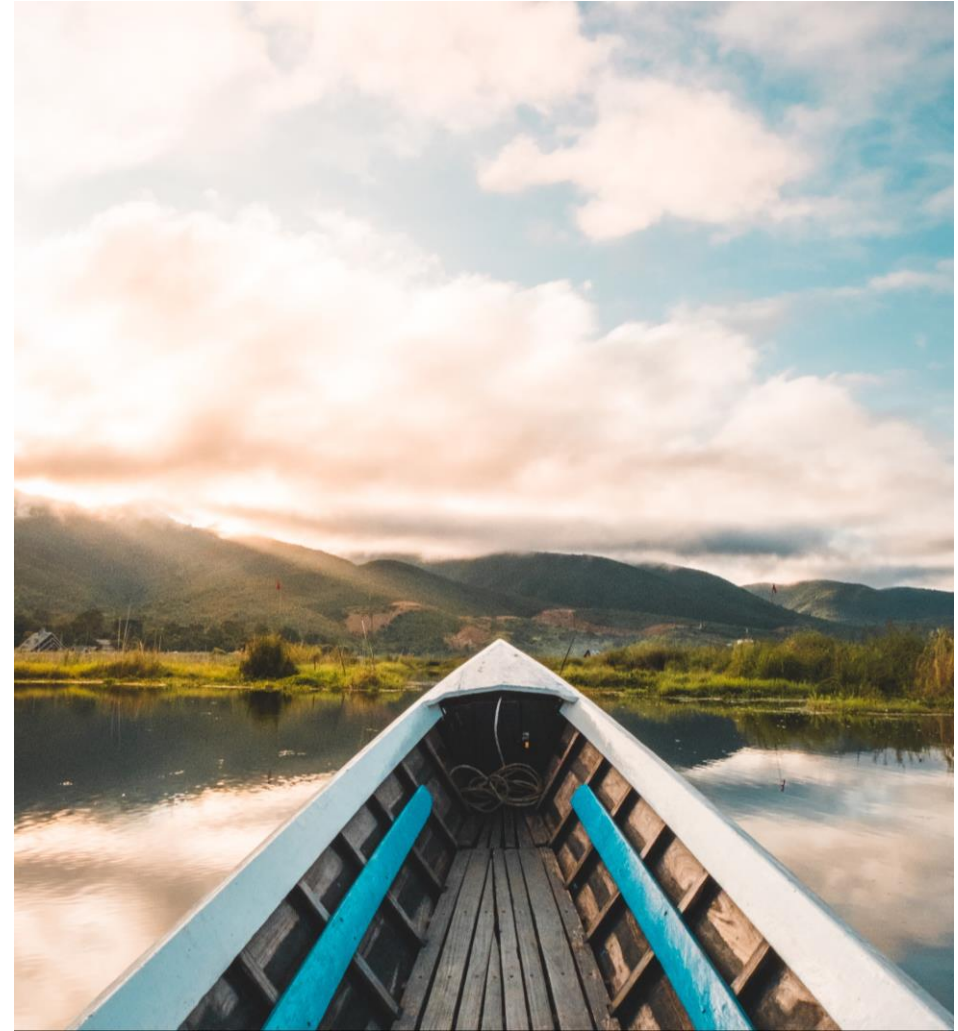
- Norms / One-Word Check-in
- The Power of Sight
- Identity & Habits
- Noticing
- Permission Slip

## Sparkle & Sprint

# One Word Check-in

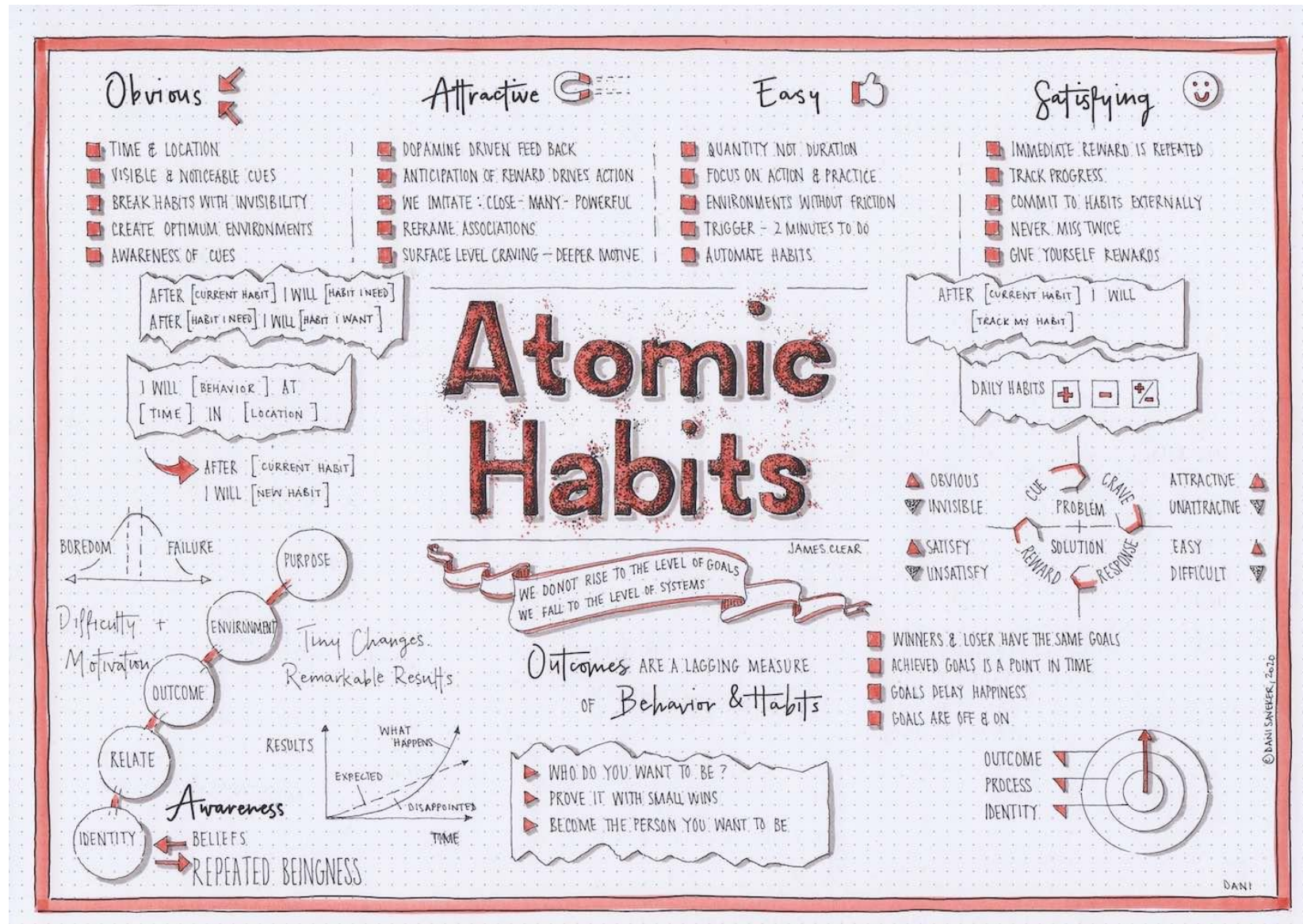


# The Power of Sight





# Identity, habits and cues



# Noticing Tool



# Permission slip

Permission Slip

I, \_\_\_\_\_ give myself  
permission to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
signed \_\_\_\_\_

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# Check-out

## Sparkle



## Sprint





# Thank you

**Vanessa Philbert, MSL**

**[vphilbert@caplanc.org](mailto:vphilbert@caplanc.org)**

