

The 15-Minute Solution Building Sustainable Change with 1% of Your Day

Presented by
Nettie Owens, CPO-CD®, HPC
Executive Coach



Questions? Let's Talk! Sappari.As.Me/LetsTalk,
©2026 Nettie Owens, The Sappari Group, SappariGroup.com

Your One Focus

Your Most Important Goal for the Next 30 Days:



Why does completing this matter to you?

What is the value of completing this goal?

What could get in the way?

What will you do when this obstacle arises?

DAILY VISION ACTION PLANNER

VISION: TODAY'S DATE: ___ / ___ / ___

30 DAYS DATE: ___ / ___ / ___

WHAT DO YOU WANT?

ONE FOCUS GOAL

FOCUS:

15 MINUTE ACTION STEP

VALUE of Taking Action?

REVIEW

SUCSESSES:

OPPORTUNITIES:

FOR TOMORROW:

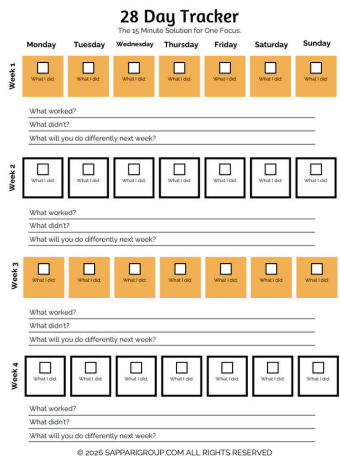
Accountability

Your Accountability Partner

How often will you connect?

How will you connect?

Download My 28 Day Tracker & Other Resources



resources.sapparigroup.com/jhu3

Want to talk about your 15-Minute Solution, your One Focus, or just staying on track?

Let's Talk

Sappari.As.Me/LetsTalk,

Find me on LinkedIn

LinkedIn.com/in/nettieowens

Creator of the *No Fail Goal Plan™*, *One Focus™*, *Momentum Planning Method™* and the *Momentum Strategic Plan™*