

Action Plan

Study and complete the charts for each goal set.

CURRENT GOAL			
WHAT IS THE PURPOSE OF THIS GOAL?	WHAT SKILLS, ABILITIES, BELIEFS, KNOWLEDGE, ETC., DO I NEED TO ACHIEVE THIS GOAL?	WHAT IMMEDIATE ACTION CAN I TAKE?	WHAT STEPS ARE NECESSARY TO ACHIEVE THIS GOAL?

WHAT WILL THIS GOAL DO FOR THE QUALITY OF MY EMOTIONAL SELF?	WHO WILL HOLD ME ACCOUNTABLE FOR THIS GOAL?	!! READ OVER YOUR GOAL SHEET SEVERAL TIMES DAILY. !! TAKE AT LEAST ONE ACTION DAILY TOWARD YOUR GOAL. !! DREAMAGINIZE LIVING YOUR GOAL SEVERAL TIMES DAILY. !! SURROUND YOURSELF BY PEOPLE WHO WILL HOLD YOU ACCOUNTABLE FOR YOUR GOAL. !! EVALUATE YOUR STEPS OFTEN TO MAKE SURE YOUR ACTION STEPS ARE WORKING. !! JUST BEFORE YOU ARE READY TO ACHIEVE YOUR GOAL, SET MORE GOALS TO KEEP YOU FUELED!

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