

MY GOAL

This is what I want to do: _____

**WHY IT'S
IMPORTANT
TO ME**

When I reach my goal, I'll be able to _____
I'll feel _____ I'll be glad I did it because _____

**HOW I'LL
MAKE IT
HAPPEN**

What action steps will you need to take in order to reach your goal?

How often will you need to take each action step?

**ACTION
STEP 1**

**HOW
OFTEN?**

**ACTION
STEP 2**

**HOW
OFTEN?**

**ACTION
STEP 3**

**HOW
OFTEN?**

START!

I'll start my Action Steps on _____
DATE

FINISH!

I plan to reach my goal by _____
DATE

SUCCESS!

I made this goal happen on _____ !!!
DATE

