

MY GOAL →

HOW I'LL MAKE IT HAPPEN!

ACTION STEP 1 →		→ HOW OFTEN? _____
ACTION STEP 2 →		→ HOW OFTEN?
ACTION STEP 3 →		→ HOW OFTEN?

SUN	MON	TUES	WED	THURS	FRI	SAT

HOW ARE YOU DOING?

If you follow your Action Plan, you'll be able to reach your goal. Use this page to keep track of your Action Steps.

- First, write in your Action Steps.
- Next, decide how often you need to do them.
- Place a check mark or sticker each time you complete one of your Action Steps.

BEFORE YOU KNOW IT, YOU'LL SUCCEED!

