

MY GOAL. This is something I care about.

My goal is:
How I'll feel when I accomplish my goal:

MY PLAN. Here are the steps I'll take to accomplish my goal.

First, I will:	
When I'll do it	
What I'll need	
Where & how I'll get there	
What might get in the way	
How I'll handle these obstacles	

Then, I will:	
When I'll do it	
What I'll need	
Where & how I'll get there	
What might get in the way	
How I'll handle these obstacles	

Lastly, I will:	
When I'll do it	
What I'll need	
Where & how I'll get there	
What might get in the way	
How I'll handle these obstacles	

DO THE TASK. This is what I'll do to stay motivated and on track.

My support people:

My reminders:

Reminder—why is this goal important to me?

What will help me avoid distractions:

HOW DID I DO?

What went well?

What didn't go well?

What did I learn?

What will I try next time to get a better result?

Does the goal still feel good? Why or why not?

My goal is: