

MY GOAL. This is something I care about. It's specific, challenging, but doable.

How I'll feel when I accomplish my goal:

MY PLAN.

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

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? _____