

MEETING GOALS

What is your goal?

Why is this important to you?

What old goal has been in the way of achieving this goal?

What is the benefit of achieving this new goal?

Does the benefit outweigh the risk of not achieving your goal? YES NO

If yes, then list two actions you could take to achieving your goal:

Of those 2 actions are any of them doable today? YES NO

If no, pick one of the actions and divide it into smaller steps.

Is one of these steps doable today? Keep subdividing until at least one action is doable.

What will it take for you to commit to taking this actionable step?
