

CHALLENGES

Challenge Number 1:

HOW challenging is this issue? (1 – Mild, 10 – Difficult, circle) 1 2 3 4 5 6 7 8 9 10

What is the cause of your challenge:

What is the action you are taking to resolve it? _____

When do you expect to no longer have this challenge?

If you don't have a deadline for a solution, establish it now. _____

With that deadline, write an action plan to do something every day to meet it. Even a small step is a step closer to resolution. Some challenges take longer to resolve than others, so here's how to look at goals for action.

What I can do each day: _____

Can you commit to taking action? Use the **Accountability Check Form** to hold yourself accountable.

Use the **Planning Guide** to create benchmarks to hold yourself accountable.

What will I do this week: _____

What I can do for this month: _____

What I can do this year: _____

Challenge Number 2:

HOW challenging is this issue? (1 – Mild, 10 – Difficult, circle) 1 2 3 4 5 6 7 8 9 10

What is the cause of your challenge:

What is the action you are taking to resolve it? _____

When do you expect to no longer have this challenge? _____

If you don't have a deadline for a solution, establish it now.

Big change happens one small step at a time. You can make small changes and see big results.

What am I willing to do today? _____

Can you commit to taking action? YES NO

What I can do for this week: _____

What I can do for this month: _____

What I can do this year: _____

Challenge Number 3:

HOW challenging is this issue? (1 – Mild, 10 – Difficult, circle) 1 2 3 4 5 6 7 8 9 10

What is the cause of your challenge: _____

What is the action you are taking to resolve it? _____

When do you expect to no longer have this challenge? _____

If you don't have a deadline for a solution, establish it now.

What I can do each day: _____

What I can do for this week: _____

What I can do for this month: _____

What I can do this year: _____