

## Ready, Set, GOAL: Create a Goal Setting Action Plan

1. Set a realistic goal. No more than 3 goals at a time.

A.

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B.

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C.

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2. Create a few action steps to make sure it is an achievable goal

A1.

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A2.

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B1.

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B2.

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C1.

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C2.

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3. Figure out a way to measure or track progress of the goal.

CIRCLE TYPE: Chart Calendar App Graph Other: \_\_\_\_\_

Additional Ways to Track:

4. Anticipate roadblocks and pro-actively create solutions.

Possible Problem:

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Solution:

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Possible Problem:

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Solution:

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Possible Problem:

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Solution:

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5. Create actual, physical rewards for meeting your goal and/or establish the intrinsic rewards for following through on the plan.

Extrinsic Rewards:

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Intrinsic Rewards:

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6. Sit with the entire goal and plan for a few days before the start date. Walk through your action steps to see if you missed anything in your plan.

How many days did you sit with you plan? \_\_\_\_\_

List any changes to your action steps: \_\_\_\_\_

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7. Pick a start and end date for your plan

Start Date:

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Stop Date:

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8. List a motivation saying or quote to help you keep moving forward.

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