

Putting your goals into action!

My SMART goal is:

Possible challenges that could occur:

My action steps to overcome these challenges are:

I will monitor my progress (daily, weekly, monthly) by:

My support team is:

” Make a plan and take MASSIVE action! ”

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When will I re-evaluate my goals?

My timeline for achieving my goal:

CELEBRATE YOUR SUCCESS:

- What are you going to do to celebrate when you reach this goal?

* Make sure to check and see if you can umbrella some of your goals together.

* We are going to fill out a sheet on every one of our goals BUT we don't have to work on achieving all of our goals at once. Keep in mind you can pace yourself and set your goals at different times.

* If creating an action plan is overwhelming for you, pick 2 OR 3 goals to start and then you can move onto your other goals once you achieve your first 5.

TIP - PRINT OF AS MANY COPIES OF THIS YOU NEED

"Make a plan and take MASSIVE action!"

Find your happy:

How are you going to reward yourself? Write down 20 things that makes you happy, brings you joy and fills your cup:

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)
- 6.)
- 7.)
- 8.)
- 9.)
- 10.)
- 11.)
- 12.)
- 13.)
- 14.)
- 15.)
- 16.)
- 17.)
- 18.)
- 19.)
- 20.)

* Remember to pick things that will motivate you to reach your goals!

"Make a plan and take MASSIVE action!"