

# Breakthrough Plan

## Step 1 - Strengths

## List your top 12 strengths

Visit <http://www.viacharacter.org/>

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

### Step 3 - Top 4 Support People

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## Step 5 - Why?

Why do you want to achieve this goal?

[illegible]

## Step 2 - Values

List your top 12 values

Visit: <https://personalvalu.es/personal-values-test>

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

## Step 4 - Goal

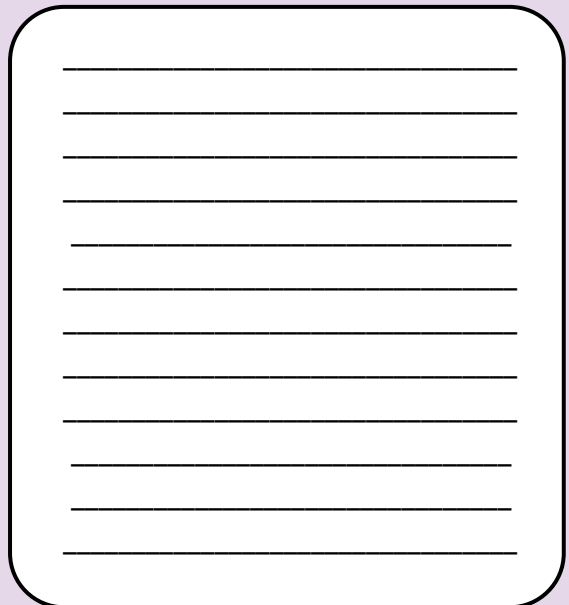
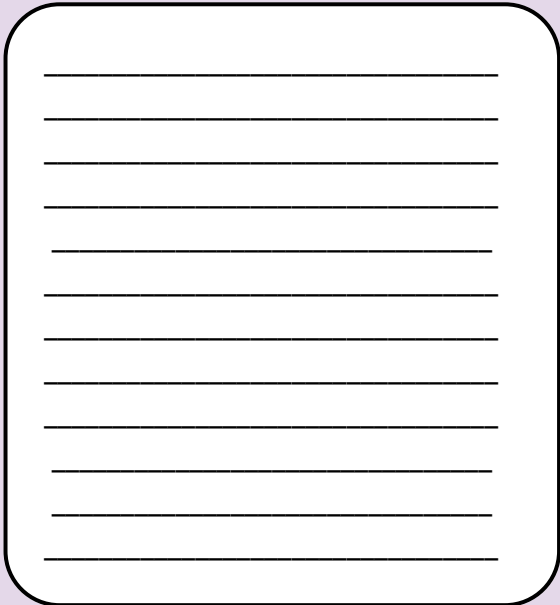
What goal do you want to achieve?

This image shows a single sheet of white paper with rounded corners, featuring horizontal ruling lines. The paper is centered on a solid light purple background. There are 18 evenly spaced horizontal lines across the page, providing space for writing or drawing.

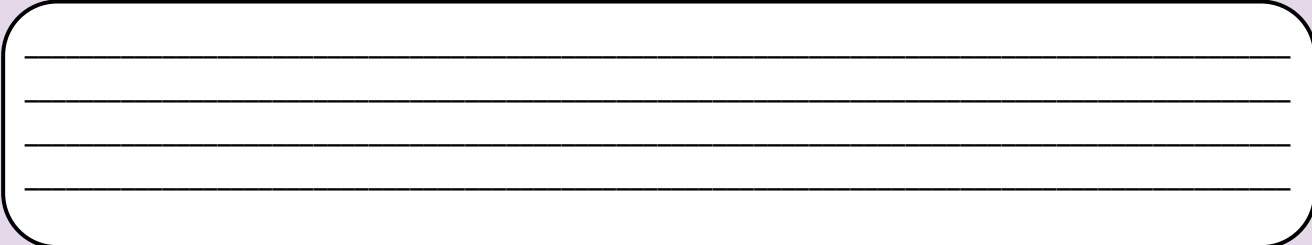
### Step 6 - Brain Dump

Where are you now regarding this goal?

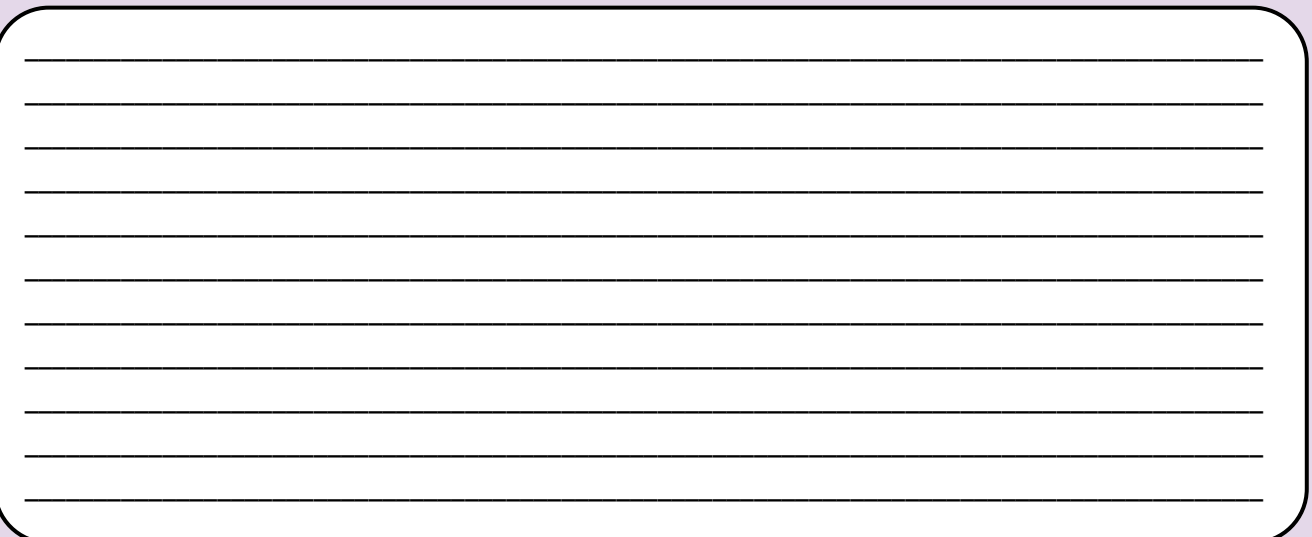
Where do you want to be regarding this goal?



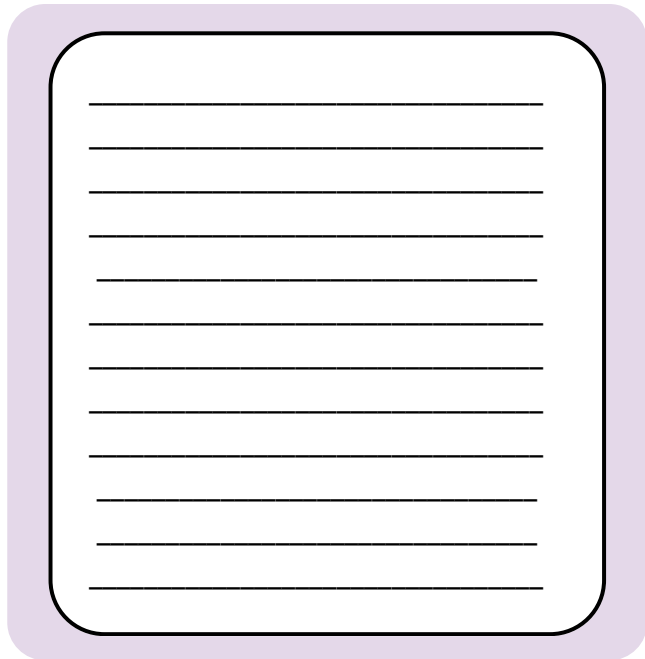
**Step 7 - How would you know that you have achieved your goal? How would your life be different?**



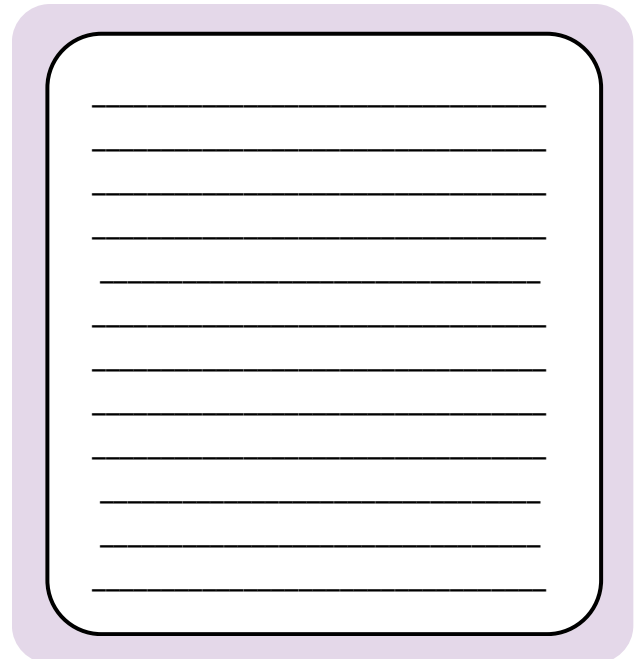
**Step 8 - Possible solutions to help you achieve your goal**



**Step 9 - What strengths can you use to help you achieve your goal?**

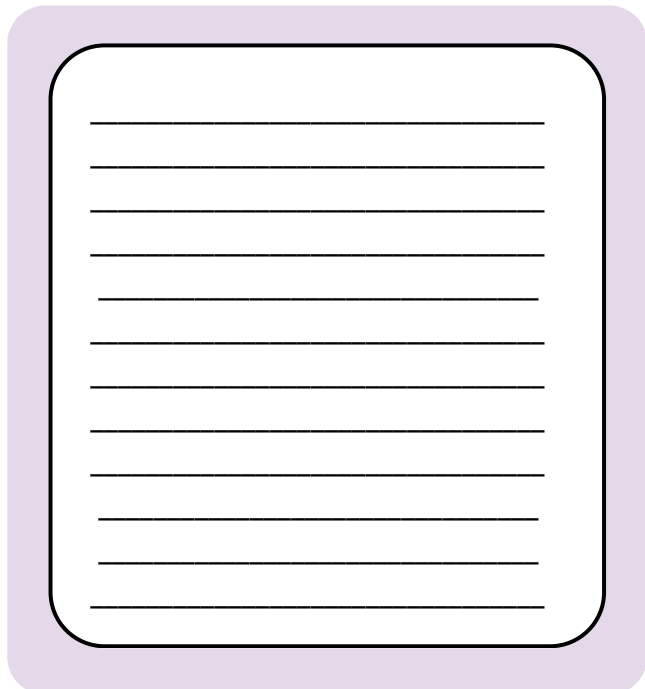


**Step 10 - What values align with your goal?**

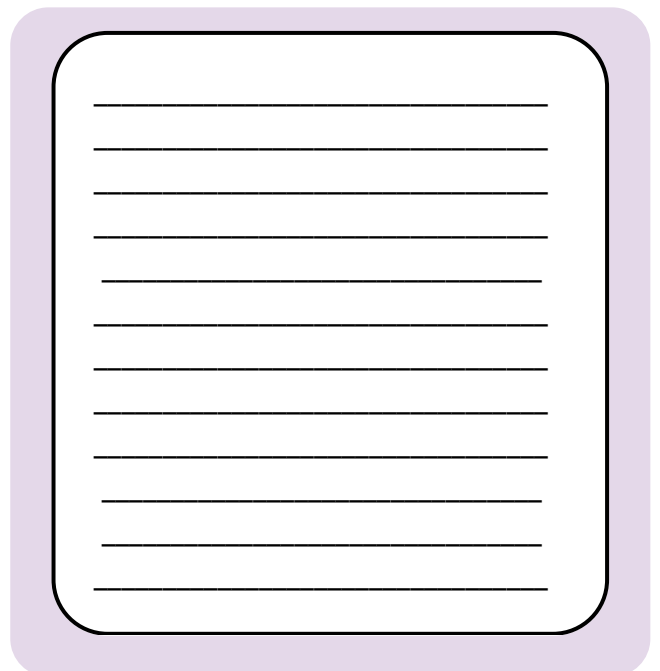


**Step 11 - Obstacles**

What obstacles do you expect to encounter?



How could you overcome these obstacles?



*Begin with the end in mind*

~ Stephen Covey ~