

CREATE AN ACTION PLAN

IDENTIFY ONE SPECIFIC GOAL

This could be either your long-term goal or a specific short-term goal from your list.

Why is this goal important to you?

When working toward your goals gets challenging, it's important to remember why this goal is important to you to help you keep taking steps forward.

How are you going to accomplish this goal?

What is your strategy or approach?

What is your biggest challenge or obstacle in reaching your goal?

How will you overcome this challenge?
