

WORKSHEET 10: ACTION PLANNING

1. Write out your goal clearly and in detail.

2. List all the benefits associated with achieving your goal.

3. Identify the people, information, actions and anything else you need to make your goal happen.

4. What is your biggest hurdle to get over to achieve your goal? How will you overcome this hurdle?

5. Who will support you? What type of support do you want from each one?

6. Set an overall timeline to reach your goal. Break it down into smaller monthly, weekly and daily goals. What will you do tomorrow to bring you closer to your goal?

7. When and how will you reward yourself?

8. Write one or more affirmations that support you in accomplishing your goal. Repeat your affirmations to yourself regularly.