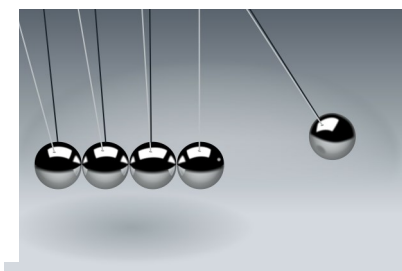




GOAL SETTING

MODULE 7: PLANNING ACTION PLANS

Action Steps... Getting
closer to reach my
goal



ACTION STEP

An action plan is a series of events that allow you to focus on the actions more than the thoughts or words that you say or think. When it comes to goal setting actions will get you closer to your goals. You don't have to plan each and every step, but it would help if you are able to plan as many steps as you can. List them below:

I will take the following steps (in this order so I can reach my goal):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.