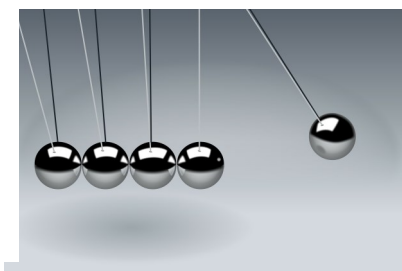




GOAL SETTING

MODULE 7: PLANNING
MAKING IT HAPPEN

Action Steps... Getting
closer to reach my
goal



ACTION STEP

Your motivational plan is there to help you motivate you when you think about losing focus. You know what it takes to get there.

What is your motivational plan to stay on track? Write out what steps you will take in order to make it happen:

1.

2.

3.

4.

5.

What would you tell yourself to keep on moving, when you are about to let go?