

My dream goal is...

Set sub-goals

Break your primary goal down into three smaller goals

Sub-goal #1

Sub-goal #2

Sub-goal #3

Create your action plan checklist

What action do you need to take to accomplish these goals?

Checklist #1

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____
- 07 _____
- 08 _____
- 09 _____
- 10 _____

Checklist #2

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____
- 07 _____
- 08 _____
- 09 _____
- 10 _____

Checklist #3

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____
- 07 _____
- 08 _____
- 09 _____
- 10 _____

Align plans with daily habits

List the things you must do every day to complete your action plans

Daily habits

- | | | |
|----------|----------|----------|
| 01 _____ | 04 _____ | 07 _____ |
| 02 _____ | 05 _____ | 08 _____ |
| 03 _____ | 06 _____ | 09 _____ |