

Dream it. Plan it. Do it.

+P MY NORTH STAR GOAL

What do you want to achieve? Dream big!

WHY IS THIS IMPORTANT TO ME?

SPECIFIC

What exactly will I accomplish?

MEASURABLE

How will I know I've achieved it?

ACHIEVABLE

What steps will I take?

RELEVANT

Why does this matter now?

TIME-BOUND

When will I achieve this?

Action Plan

'(PaperPath

Break it down into steps

KEY MILESTONES

1

Milestone: _____

Target Date: _____

Action Steps:

2

Milestone: _____

Target Date: _____

Action Steps:

3

Milestone: _____

Target Date: _____

Action Steps:

4

Milestone: _____

Target Date: _____

Action Steps:

POTENTIAL OBSTACLES & SOLUTIONS

Obstacles:

Solutions:

REWARD WHEN I ACHIEVE THIS GOAL:

