

STEP FOUR: OUTLINING THE STEPS TO TAKE - The Gameplan

I am now committed to my goal and ready to determine what steps I need to take in order to achieve it. Listed below are the 5-10 most important things I have to do to achieve my goal – and the deadline by which I can REALISTICALLY complete each one:

MY GOAL IS:

ACTION TO TAKE

TIME COMPLETED

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

STEP FIVE: RESOURCES NEEDED

In order to achieve my goal I will need a variety of resources.

1. TIME:

Do I currently have the time I need to achieve my goal? YES/NO

If not, what do I need to do to make sure that I do have the time necessary?

2. MONEY:

Do I currently have the money I need to achieve my goal? YES/NO
If not, what do I need to do to make sure that I do have the money necessary?

3. ENERGY:

Do I currently have the energy I need to achieve my goal? YES/NO
If not, what do I need to do to make sure that I do have the energy necessary?

4. MOTIVATION:

Do I currently have the motivation I need to achieve my goal? YES/NO
If not, what do I need to do to make sure that I do have the motivation necessary?

5. SUPPORT:

Do I currently have the support I need to achieve my goal? YES/NO
If not, what do I need to do to make sure that I do have the support necessary?

6. OTHER:

What other resources will I need to achieve my goal? Please list them below.

STEP SIX: MEASURING THE MILESTONES

Below are the milestones I will use to measure my progress. What will need to have happened by each date for me to know that I am moving closer to achieving my goal? I can use these milestones to correct my course if necessary, and to keep me motivated and moving forward until my goal is achieved.

- Date of Milestone:
 - Description of Progress - what will have occurred by this date:
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CONGRATULATIONS! You have now created a great plan to achieve your goal.
Start now and use your plan to make your goal a reality.