

# MY GOAL PLAN

I will

[Goal]



I want to achieve this goal because...

[Motivation behind goal – the “why” of the goal is important to remember]



...which matters to me because

[Deeper motivation behind the goal – the heart of the matter]

So I will

[Break goal into manageable steps]

So I will

So I will

By

[Deadline]

By

By

If...

[Certain obstacle arises]

If...

If...



...then I will

[Plan to stay on track or get back on track]

...then I will

...then I will



I will create accountability by

[People or technology]

I will track my progress by

[What measure will you use to track your progress and how will you track it regularly?]

I will know I can do this when I think about

[Think of a goal you have reached in the past that was challenging but you succeeded]