

# Tracking My Progress

## Set the Goal

Deciding the goal is the most important step. **What do you want?**

Because once we choose a goal, we stick to it. The path can change, but we keep the same goal until achieved.

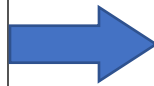
This goal should be very real and alive to you, and should motivate you to persist in reaching it.

The goal should be tangible/concrete. It should be easy to tell whether you have reached it or not.

### Starting point or current situation

Describe what each person is doing or not doing that makes the situation more difficult for you and for others.

Enter text here ....











### What's your goal?

Describe the desired state.  
And make it IMPORTANT.

Enter text here ....










### Constraints

What do you need to **STOP** doing?

5. Enter text here ....   
6. Enter text here ....   
7. Enter text here ....   
8. Enter text here ....   

### First Steps

What do you need to **START** doing?

1. Enter text here ....   
2. Enter text here ....   
3. Enter text here ....   
4. Enter text here ....   










### Pressure Points

Public commitments

9. Enter text here ...   
10. Enter text here ...   
11. Enter text here ...   
12. Enter text here ...   










### What Pushes My Buttons

(and what I do when that happens)

1. My #1 button  
a. What I do ...   
2. My second button  
a. What I do ...   
3. My third button  
a. What I do ...   

### Obstacles I Have Encountered

(and what I did about them)

1. Obstacle ....  
a. What I did ...   
2. Obstacle ....  
a. What I did ...   
3. Obstacle ....  
a. What I did ...   

**What I achieved. What I learned. Where I can do next.**