

GOAL:

DATE

VISION

Describe your goal.

DEADLINE

MOTIVATION

Prepare for hard times in advance by listing all big & small reasons for wanting to achieve this goal. How will it improve life?

RESOURCES

Strengths, connections, skills, or info, you have and can utilize?

Strengths, connections, skills, or info, you need to obtain?

ANTICIPATE

Obstacles and weaknesses that might get in the way?

How can you prepare / compensate for them?

ACTION PLAN

STEPS / MILESTONES

DEADLINE

