A GAME PLAN FOR CHANGE:

**The Goal** – Here’s what I want to achieve

**My Role Models** – These are the people I respect who have already earned that what I hope to achieve. (Include everything you know about them, questions you want to ask them, and one idea you might share to help them become more successful.)

**My new Habits** – These are the things I will do to act now, as would the person I hope to become. (Describe dress code, your daily routine, diet, exercise, reading, additional education, friends and how you will invest your discretionary time – what others call “free time”.)

**Three things I can do right now to take me one step closer to my goal** -

**Journaling My Journey** – Detail the steps you’ve taken, the lessons you’ve learned (how you failed forward), unexpected hurdles and how you plan to respond to them.