

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.