



Vision, Goal, Action Planning Worksheet

See Your Vision

- Describe your best self
- What do you want to feel like in the future?
- What do you want to look like in the future?
- What do you want to be doing differently in future?



Set Your Goal

- What do you have to do to achieve your vision?
- What change in your life has to happen?
- Are you ready to make this change?
- A good goal is specific, measurable, achievable, realistic and is timely

GOALS

S pecific
M easurable
A chievable
R ealistic
T ime based

Build Your Action Plan

- How are you going to achieve your goal?
- Each week, ask yourself:
 - What am I going to do?
 - When am I going to do it?
 - Where am I going to do it?
 - How much am I going to do it?
 - How often am I going to do it?
- Each week ask, what went well? What did not go as planned?
- Problem-solve when your plan does not go as planned

ACTION PLAN			
WHO	WHAT	WHEN	HOW

