WORKSHEET FOUR:

ACTION: Stay On Track

KEEP YOUR GOALS TOP OF MIND:

BIG IDEA:	BY NEXT MONTH:	THIS WEEK I WILL:	EVERYDAY I WILL:

COMPELLING REASON: _____

I WILL WORK ON MY BIG IDEA:	AT THIS LOCATION:	AT THIS (THESE) TIME(S)
MORNINGS		
EVENINGS		
AFTERNOONS		
ON WEEKENDS		

MY STEP-BY-STEP ACTION PLAN:

PHASE	TASK	POTENTIAL OBSTACLES	POSSIBLE SOLUTIONS