

3 Month Goal Action Plan

1. **Vision** – Create a vision of yourself. What is the best that you can imagine having happened? Picture how this might look. Write your *vision statement* as if it already exists.
2. **Goal** – Translate your vision into a goal that will help you achieve your vision. Choose a goal that is attractive enough for you to be willing to persist; one that you would be excited to achieve. Write the goal as an outcome statement that is measurable.
3. **Plan** – Walk through and outline the action, people and resources you'll need to achieve results.
4. **Timeline** – List specific tasks to be done, identify needed resources and set appropriate *mini-deadlines* for each step in the three-month process. Take a second look, is there anything that isn't possible?
5. **Anticipated Problems** – What potential obstacles might come up? Resistant people, time crunches, personal shortcomings, etc.
6. **Preventive Measures** – Develop strategies to prevent or remove obstacles. List resources for assistance.
7. **Baseline** – Rate your current state related to your goal. Using a rating scale of 1-5, what is your current level of performance?
8. **Target** – create two different target ratings: first, what would be evidence of great achievement or level of improvement? Second, what would a satisfactory level of performance be?
9. **Proof** – The demonstration that proves you have successfully met your challenge and achieved your goal.
10. **Celebration** – Choose a reward that you will give yourself to celebrate success. Make it specific; make it something you really want.

Don't Forget - You are an amazing person. Think about all you've done and achieved. You are more than able to have this too- if you choose it and stay in action.



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Start Date: _____

End Date: _____

1. Vision

2. Goal

3. Plan

4. Timeline

5. Obstacles?



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6. Preventions

7. Baseline

8. Target Results

Amazing!

Great!

9. Proof

10. Reward! *(damn, you're good!)*
