

P

PLAN

What's your goal?

Begin with clarity. What would you like to achieve? What might you want to do, experience, enjoy?

My goal is to

Be specific, and realistic.

☐ What day(s) of the week?

☐ What time during these day(s)?

☐ On a scale from 1 to 10, how confident are you in this plan?

If below a 7, rethink your action steps to increase your confidence in success.

O

ORGANIZE

What's your Plan?

Preparation is key. Do you need to make arrangements or gather resources to move forward? This might include setting up a calendar, purchasing necessary items, or creating a supportive environment.

Be specific, and realistic.

What will I need to achieve my action steps?

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Notes:

E

EXECUTE

Take action!

Execute your Plan!
Follow through on your plan and take the steps you've outlined.

Don't Forget to Have Fun!

How are things going?
What are your observations? What are you noticing? Enjoying?

M

MEASURE

Measuring success!

Take a moment to review your plan, goals, obstacles, and successes.

List any obstacles to your plan, action steps.

What went well?

How will you move forward?

How will you celebrate your successes?
