

GOAL & PROJECT PLAN	
I will:	
By doing:	
Life area:	Difficulty level:
Costs:	Benefits:
Obstacles:	
Solutions:	
Date:	Target date:
Signature:	
Action steps to do right now	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
Success! Reward:	