Get goaling!



8. Select specific action steps



9. Measure results



10. Anticipate obstacles



11. Set RPMs: **Rewards Provide Motivation**



0 0 3 8 7 4 12. Set a target date





13. Fill 'er up with energy



14. Turn on Inspiration



15. Act-Get in Gear!



16. Monitor progress & adjust steering as needed



1. Know Yourself



2. Get started with key values



3. Know your mission

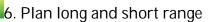


4. Generate Goal Ideas



5. Make goals SMART







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