

Planning and Commitment

Name: _____ Date: _____

Goal/Project: _____ Target Date: _____

List the benefits of achieving this goal:

How long have I wanted to achieve this goal and what's stopping me?

What I am willing to change or do differently so I can achieve this goal?

What are my action steps to bring this goal to attainment?

What perspective and characteristics do I need to develop to be strong enough to achieve this goal?

I am willing to invest the time, effort and money to achieve this goal?

YES - NOW

NO - Not worth it!

YES - But at a later time.

If yes, what is my level of commitment to achieve this goal? (circle one)

1 2 3 4 5 6 7 8 9 10