

Create an Action Plan – Activity #5

Write Your Goal: \_\_\_\_\_  
\_\_\_\_\_

Goal Start Date: \_\_\_\_\_ Goal End Date: \_\_\_\_\_

Steps I Will Use to Reach My Goal: Complete each section with the proper information.

**Measurable Steps:** What steps have you taken to reach your goal? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What is your starting date?** \_\_\_\_\_

**What is your end date?** \_\_\_\_\_

**What do you need?** What must you do to complete the goal? What will help you to reach your goal? What should you avoid in order to meet your goal?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Who could support you in reaching your goal?** \_\_\_\_\_