

Action Plan

Make It Happen Shock Everyone

NAME CHERYL QUINTANA

DATE _____

S SPECIFIC	WHAT IS THE GOAL AND WHY?
M MEASURABLE	WHAT STEPS DO YOU NEED TO TAKE TO GET THERE?
A ATTAINABLE	WHAT ARE OBSTACLES THAT YOU WILL FACE AND HOW WILL WE OVERCOME THEM?
R RELEVANT	WHY IS THIS IMPORTANT TO YOU? HOW DOES IT FIT IN WITH YOUR VALUES?
T TIME	IS THIS THE RIGHT TIME? WHAT IS THE TIME FRAME TO REACH YOUR GOAL?

Reward to myself

Review Date _____

HOW CONFIDENT ARE YOU IN REACHING YOUR GOAL?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10