

# ACHIEVING A GOAL

Achieving a goal takes careful planning and execution. If you take the time to think through your plan you can achieve any goal!

## WHAT

What is the goal?	
What will it look like when I achieve this goal?	
How will it look when I'm making progress?	
Is there a goal or a step I need to achieve first?	

## WHY

Why do you want to achieve this goal?	
How will your life or the lives of those around you improve?	
What happens if you don't achieve this goal?	
If you achieve even a portion of this goal will you be proud of your success?	
What will keep you motivated during the tough times?	

## STEPS

1.	
2.	
3.	
4.	
5.	

## HELP

Who can help you achieve this goal?

How will I ask these people for help?

What kind of help can I anticipate needing ahead of time?

What would it look like for someone to help without doing too much for me?

## MEASURE

How will I measure this goal?

How will I track this measurement so I can see gains or if I am not sticking to my plan?

Do I have someone who could be an accountability partner?