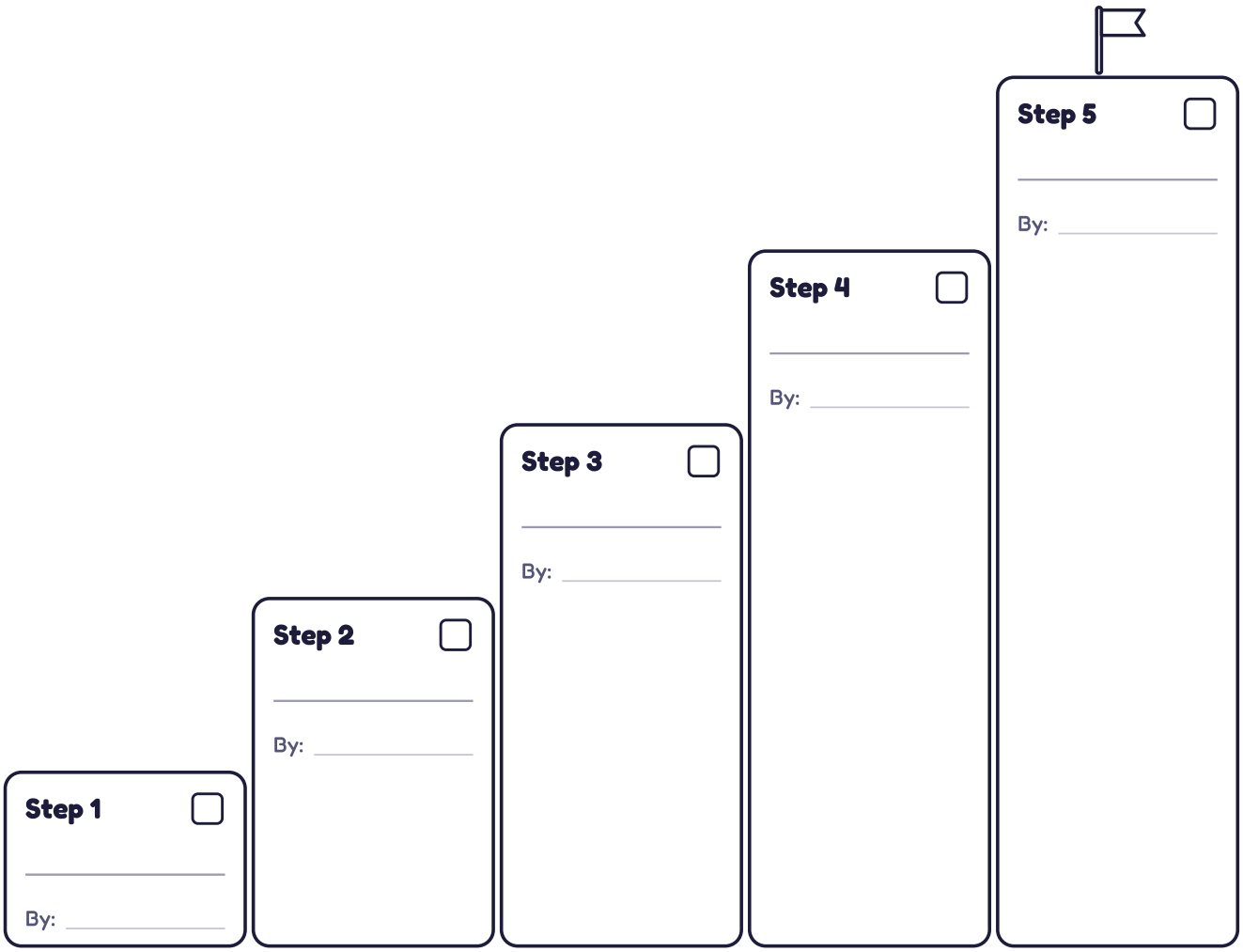
Goal action plan

Break a big goal into small steps, then plan for the bumps.

Name _____ Date _____

My goal: _____



What might get in the way?

If _____

If _____

If _____

If I will ...

then _____

then _____

then _____

How I will celebrate when I get there: _____