



UNLEASH YOUR GOALS

Goal:

Think of it as a SMART goal. EXAMPLE: I am going to run 2 miles everyday for the next 3 months.

Goal is important because:

I will be...

I will see...

I will have...

My fears:

Road Blocks:

Distractions:

Ways to Overcome:

Positive Affirmation:

Accountability:

Resource 1:

Resource 2:

Resource 3:

Goal Mapping, Started On:

Important Action 1:

Important Action 2:

Important Action 3:

Important Action 4:

Important Action 5:

Important Action 6:

GOAL:

Goal Achieved On:

Start with your Goal & plan backward.

Reflection:

STAY COMMITTED, M-C
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