

Goals and next steps plan

Turns what you want to be easier into steps that survive the week you wrote them.

Produces

Up to three things you want to be easier, each broken into a first step small enough to do this week.

Time

Thirty minutes

Asks of you

Nothing. This sheet is yours. It never comes back to us.

A man who knows roughly what he wants to change and keeps making plans that fall apart by Thursday. *A plan that only works on a good week is not a plan. Write the one that works on a bad one.*

What would you like to be easier

Up to three. Plain words.

One

Two

Three

For each one

Work through these for one item at a time.

The smallest first step, under fifteen minutes

Exactly when I will do it

What usually gets in the way

If that happens, I will

Done looks like

Review

I will look at this sheet again on
