



ACTION PLAN

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What am I doing TODAY to meet my goals?

Goal for this week: _____

Today's Date: _____ Today, I was _____ for 3! (3, 2, 1, 0)

a.m. What will I do today to reach my goals?

- 1. _____ YES or NO
- 2. _____ YES or NO
- 3. _____ YES or NO

p.m. Which of these did I accomplish to reach my goals?

Today's Date: _____ Today, I was _____ for 3! (3, 2, 1, 0)

a.m. What will I do today to reach my goals?

- 1. _____ YES or NO
- 2. _____ YES or NO
- 3. _____ YES or NO

p.m. Which of these did I accomplish to reach my goals?

Today's Date: _____ Today, I was _____ for 3! (3, 2, 1, 0)

a.m. What will I do today to reach my goals?

1. _____ YES or NO

2. _____ YES or NO

3. _____ YES or NO

p.m. Which of these did I accomplish to reach my goals?

Today's Date: _____ Today, I was _____ for 3! (3, 2, 1, 0)

a.m. What will I do today to reach my goals?

1. _____ YES or NO

2. _____ YES or NO

3. _____ YES or NO

p.m. Which of these did I accomplish to reach my goals?

Today's Date: _____ Today, I was _____ for 3! (3, 2, 1, 0)

a.m. What will I do today to reach my goals?

1. _____ YES or NO

2. _____ YES or NO

3. _____ YES or NO

p.m. Which of these did I accomplish to reach my goals?

Main thing I accomplished this week:
