

Start small and build on your successes. Let go of guilt or regret over setbacks. Every day is a new opportunity to start again.

| | Goal | Who Can Help Me Keep Track of This Goal? | What's My Back-Up Plan for This Goal? | How Will I Celebrate Reaching This Goal? |
|---|------|--|---------------------------------------|--|
| What can I do today? | | | | |
| What can I do this week? | | | | |
| What can I do next week? | | | | |
| What can I do this month? | | | | |
| What can I do in the next three months? | | | | |
| What can I do in the next six months? | | | | |
| What can I do in the next year? | | | | |

