

4 Steps to Follow to Accomplish Goals

Goals are *things we think about*.

Action plans are *the things we do* to make our goals happen.

1

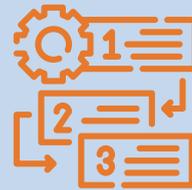
Define Your Goal



What do you hope to accomplish?

2

Figure Out Your Action Plan



What are the different things you plan to do to meet your goal?

3

Do It!



Take action on your plan to make your goal happen! Do your action plan step by step to help you accomplish your goal.

4

Stay Flexible

Allow yourself to adjust your goal & action plan as needed in the process of accomplishing your goal.

