SINGLE GOAL PLANNING

Review the list of dreams you brainstormed **Module 1**, and pick one dream to commit to this year *(you don't have to accomplish the whole dream this year).*

This year I will commit to _____

EXERCISE 1

I. Write down your dream, and where you are today.
II. **Backwards plan** the large steps required to accomplish your dream.
(use more paper if necessary).

My Dream _____
Steps _____
_____
_____
_____
_____
_____
_____
_____
_____
_____

Today I Am _____

EXERCISE 2

Look at the steps you have brainstormed above. Could you accomplish any of them this year? If not, think of a step you **can** accomplish this year. Then consider what you could accomplish this week – and finally, what you can do **today.**

- This **year** I will _____
- This **week** I will _____
- This **day** I will _____

*The action you take today can be as small as a phone call, sending an email, or looking up a piece of information you need. However you **must** take some action to cement the commitment in your mind.*

*TAKE ACTION **TODAY** TOWARDS YOUR GOAL.*

EACH WEEK, WE'LL REVIEW YOUR GOAL, AND THEN CONSIDER WHAT PROGRESS YOU CAN MAKE TOWARDS YOUR GOAL IN THE COMING WEEK.