

# 4 Step Action Checklist/Worksheet:

- Print this worksheet, fill it out, and then start taking action. You will begin to see results.
- Upon completion, place this on a wall as a reminder and to keep track of your progress.

1. What is your Why? (inspiration + motivation)

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2. What is your long-term goal (1-5 yrs)?

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3. What are some smaller milestone goals you can take action on that will move you toward your long-term goal?

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4. What action/actions will I commit to doing to achieve my first milestone goal?

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