

My Goal



My overall aim is to:

This will make me happier and my life better.

To move towards this aim, I will take this action:

This action is measurable - I will be able to prove it's done!

My timeframe for completing this action is:

I am % committed to undertaking this action.

If this figure is below 80%, it means it's probably a bit too far out of my comfort zone and I'm unlikely to do it.

So, I will redefine the action until I get to at least 80% - small steps are better than no steps!

Woohoo! Action completed on:

This makes me feel: