

GMG GOAL Action Plan

Action Steps to Achieve It

Break your goal down into smaller tasks. Remember to include steps for handling obstacles. List a target date for each step And remember to reward yourself after completing each step in order to positively reinforce your behavior.

Step #1

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #2

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #3

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #4

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #5

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #6

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #7

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #8

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #9

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____

Step #10

Description: _____

Possible Obstacles: _____

Target date: _____

Reward for completion: _____