

Goal Getting Action Plan

G=Goal	Set specific goals with an end date and baseline information.	Goal:
R=Realistic Plan	Answer the questions, “What specific actions will I take to reach my goal? When, where, what and how often will you take action to meet your goal?”	What: When: Where: How often:
O=Obstacles	Identify roadblocks and proactive solutions to use when you encounter the challenges.	Roadblock: Solution:



W=Who and What?	Identify who can support you and what resources are available for help.	Support System: Resources:
T=Tracking	Develop a tracking system to both monitor progress and reflect on your growth.	Tracking System: Reflection Opportunities:
H=Habits	Identify new habits that are necessary to reach the goal and habits that will need to be maintained after the goal is achieved.	Habits for Achievement: Habits for Maintenance: