

# Ready, Set, Goal!

**1. Identify the Goal**

**2. Relate to Foundation**

**3. Communicate it! (Tell others)**

**ACTION STEPS (prioritize!)**

**4. Motivators**

**5. Possible Obstacles**

**6. Back-Up Plans**

**7. Support Structure**

**RESOURCES NEEDED**

**8. Single Daily Action**

**9. Reward**

**10. What's Next?**