

What I am Prepared To Do

I t's time to start building your plan for the role you have chosen.

My Goal:

"First, you need to define your goal. Choose a goal that is both realistic and meaningful; a goal that represents a balance between the magnitude of what you want to accomplish and what you are certain you will actually do. Write it down in the space below."

I Will Keep Score By:

"For whatever goal you've chosen, you now need to create a method of tracking your results. Keeping score enables you to step up your efforts when you're falling behind, and celebrate when you're ahead. When you reach your goal, you will most likely feel that keeping score was your most valuable tool. Write down the ways in which you will keep score in pursuing this goal."

1. _____

2. _____

I Will Hold Myself Accountable By:

"Accountability is a powerful force, one that can give you the extra drive you may need during difficult times on the journey to fulfilling your vision. Write down exactly how you will hold yourself accountable on this particular goal."

1. _____

2. _____

I Will Stay Engaged By:

"Inevitably, you will reach a point in the journey toward your goal where you will be tired, under pressure in other areas, or where your inspiration for all you wanted to do simply lags. The moment when you are facing a crisis or a deep loss of motivation is the worst possible moment to think creatively about resources that could help. It is far better to plan now for those resources that can help you."

1. _____

2. _____

3. _____

Excerpts taken from

