

Date \_\_\_\_\_ Subject \_\_\_\_\_

Name \_\_\_\_\_

# From Goals to Actions

Making good use of personal resources by establishing goals and planning for success

## These are goals for ▶

### Goals ▼

**What do I want**  
to accomplish? ▼


### Actions and strategies ▼

**How can I get there?** What can I  
do today, every week, every month? ▼


### Timeline ▼

**When do I expect**  
to reach my goals? ▼


