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TAKE ACTION 2012

1. What is the goal that you ultimately want to accomplish?
2. If that goal seems too big and overwhelming, have you been **specific** enough?
(i.e. instead of "I want to lose weight", you may narrow it down to "I want to lose 20 pounds")
3. What is standing in the way of you being able to reach that goal? What are your obstacles?
4. What skills/resources do you already possess in order to be able to **action** this goal?
5. What skills/resources are you lacking to be able to **action** this goal?
6. What hobbies/activities/interests are you most passionate about at this point in your life?
7. When you look at your answer for Question #6, is your goal **relevant** and in line with those passions/interests?
8. If you were able to eliminate your obstacles, **how long** do you realistically think it would take you to achieve your goal?



List 5 Steps that will help you achieve this goal. These steps should be smaller goals/achievements that take you down the path to reaching the above-mentioned goal.

1 - (often Step 1 needs to be a way to eliminate/minimize your biggest obstacle)

Action -

Time Frame for Completion -

2 - Action -

Time Frame for Completion -

3 - Action -

Time Frame for Completion -

4 - Action -

Time Frame for Completion -

5 - Action -

Time Frame for Completion -