

Set Yourself up for Success Worksheet

What is your Plan? (Goal) State it in the positive:

Get Specific: What will you do to achieve this plan? What will you do daily and weekly? What times will you set aside to achieve this?

The Higher Purpose: Thinking of your plan, what will it bring you? And what will that bring you? What will that bring you? Find your Higher Purpose in the plan, the 'sense of something' that it will bring you – this is your Big Why!

How will you connect with that sense of something now in your life?

Milestones	Celebrations	Target Date	Date Achieved
First 10 lbs.			
Next 10 lbs.			
Next 10 lbs.			