



Action Planner

Use this planner each session to record your goal and short-term action steps

My 3-6 Month Goal

Write what you'd like to be doing or feeling in the next 3-6 months

Why This Goal Matters

Understanding your "why" keeps you motivated

Action Steps

Write 1-2 key steps to move forward

When will you do this? Note the day AND time

_____ _____ _____ _____ _____ _____ _____

MON TUE WED THU FRI SAT SUN

Potential Challenges

Back-up plans

Who or what will keep you accountable? _____