



The Goal-Getter Blueprint: Guided Activity Resource Guide

(Example Guide — Applying the 3-Step Framework)

This is your Goal-Getter Blueprint template. Use it to define your own goal, break it into milestones and weekly actions, and anchor it with habits and accountability. You can reuse this template as often as you like, each time you want to turn a big goal into a clear, doable action plan.

Step 1 – Define

What is your specific goal?

How will you measure success?

What is your deadline/timeline?

Step 2 – Break Down

List 3–4 milestones along the way

Translate milestones into weekly actions



Step 3 – Anchor It

What habit will keep you consistent?

Who/what will keep you accountable?

What mindset reminder will help you push through dips?

Action Prompt

One action I will take in the next 24 hours:

One action I will commit to this week:

Remember: Big dreams shrink when you break them into daily actions.