



ALIGNED ACTION WORKSHEET

Step 1: Define Your Goal

What is one goal you want to achieve?

Why is this goal important to you?

Step 2: Make It Clear

What will success look like when you achieve this goal?

How will you measure progress?

Step 3: Break It Down

List three small steps you can take to move toward this goal:

- 1.
- 2.
- 3.



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Step 4: Identify Potential Challenges

What might get in the way of achieving this goal?

How can you overcome these challenges?

Step 5: Set a Timeline

When do you want to achieve this goal?

What is one thing you can do this week to get started?

Step 6: Emotional & Motivational Check-In

How will achieving this goal make you feel?



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Who can support and encourage you along the way?

Final Step: Commit to Taking Action!

Write a short statement committing to your goal:

"I am committed to working toward my goal of _____
because _____."

WANT EXTRA SUPPORT? FEEL FREE TO REACH OUT!