

Action Board Worksheet

What: What is your vision. Outline it in as much detail as possible.

Mini Milestones: Break your overall vision down into bite sized pieces that will help you reach your overall vision.

When: The date you want to achieve your vision by

Why: What's driving you to want this vision?

Challenges To Overcome: What obstacles might you experience along the way to prevent you from reaching your goals?

Positive Affirmations Of How You'll Overcome The Challenges: Whatever obstacles you listed in the previous question what is the positive statement you'll make to overcome them.

Commitments: How are you dedicated to making this happen? Write an action plan in as much detail on the actions that you'll take to attain this vision.

Strength Words: What attributes will you need to rely on in order to achieve this vision?

Reinforcements: who will help you along the way? What resources will you utilize?

What you'll track: how will you track you progress? Measure where you start so you know how close you are from where you want to go.

Example

What: Lose 15 pounds

Mini Milestones: Lose 5 lbs by April 1st

When: May 1st 2014

Why: I want to feel more confident with myself, gain more energy and look great. Now is the best time to be in the best shape of my life.

Challenges To Overcome: Boredom – I tend to eat when I'm bored. Social outings – I tend to drink extra when out with friends. Lack of Schedule – If I don't plan my day the night before it tends to slip away.

Overcome Challenges: I will go for a walk when I'm feeling bored and review

my action board to remember my goals. I will allow myself to have a maximum of 2 drinks a week on social outings. I will plan my day the night before and schedule in water drinking and gym sessions. I will allow myself one day a week to indulge my sweet tooth.

Commitment Plan: I will go to the gym 5 days a week, I will drink 8 glasses of water a day, I will walk a minimum of 5000 steps a day, I will allow myself to eat sweets on one day only.

Strength Words: Discipline, Commitment, Fortitude, Will Power, Beauty, Strength

Reinforcements: Fitness Blogs, Personal Trainer, My Future Self

Track It: Keep track of your progress (Use The Don't Break The Chain Worksheet)