



DAY 4

ACTION PLAN FOR CONSISTENCY

Welcome to Day 4!

Now that you have set your goals and broken them down into actionable steps, what is your plan for ensuring you do not fall off along the way?

What do you need to do to keep you on track and not put you back in the position where you are stuck again?



DAILY QUESTIONS TO KEEP YOU CONSISTENT WITH YOUR GOAL(S)

1. What did I do yesterday to move me closer to my goals and vision?

2. What did I learn from that?

3. What do I need to take action on today to move me towards my vision?

PASTE THIS WHERE YOU CAN SEE IT EVERYDAY

Why is this goal important to you? Why must you take action right now? Write out this statement to reinforce your belief in yourself and in your vision.

[illegible]

DAY 5 KEEPING TRACK