

The 7

Consistent
Progress
Through
Small Steps

1.3.3

1 Priority / Goal

3 Strategies to support the goal

3 Actions that support each strategy

Physical Intellectual Spiritual Business Parental Social Financial Emotional Marital

1 Priority / Goal

Specific, Timely and Actionable

Why?

Why is this important? Key Motivators.

Problem:

What problem are you solving for?

3 Strategies:

3 Steps that will support your one Goal.

1.

2.

3.

3 Actions:

3 actions for each strategy that support that strategy

1.

2.

3.

a.

a.

a.

b.

b.

b.

c.

c.

c.

Success

How will you celebrate?

Consequence

Is there one?