



TODAYS DATE			
Step 1 GOAL			
Step 2 REWARDS			
Step 3 CONSEQUENCES			
Step 4 POSSIBLE OBSTACLE #1	Step 4 POSSIBLE OBSTACLE #2	Step 4 POSSIBLE OBSTACLE #3	
Step 5 POSSIBLE SOLUTIONS TO CONSIDER	Step 5 POSSIBLE SOLUTIONS TO CONSIDER	Step 5 POSSIBLE SOLUTIONS TO CONSIDER	
Step 6 NECESSARY ACTION STEPS	Step 6 NECESSARY ACTION STEPS	Step 6 NECESSARY ACTION STEPS	
Step 7 DELEGATED TO	Step 7 DELEGATED TO	Step7 DELEGATED TO	
Step 8 TARGET DATE			
Step 9 AFFIRMATIONS			