



Step-by-step plan

Select one objective and fill in the following questionnaire

1. What do I want to accomplish
(what is my objective)

Make sure that your objective complies with the (SMARTIES) criteria.

2. Which image fits that situation? Make a drawing of yourself in that situation.

3. Do I need money to achieve my goal? How much?

4. Which information do I need to be able to formulate my objective more SMART?



5. Which actions do I have to take to accomplish my goal? Make a list of steps, starting with the last step to reach the goal and then work your way back to the present.

6. What will be the action I am going to take in the next 72 hours?
(This will be the first important step in achieving your goal)

7. How will I celebrate when I have succeeded taking a next step?