

Planning backwards to move forwards.



YOUR GOALDRIVER: How you want to feel.

SUCCESSFUL PURPOSEFUL INSPIRED HAPPY
ORGANISED RESPECTED CONFIDENT RELAXED



YOUR NO. 1 GOAL:

DATE YOU WILL ACHIEVE YOUR GOAL BY:

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PLANNING BACKWARDS:
What are the **LAST** 3 steps you will take before this goal is achieved?

LAST STEP

STEP BEFORE

STEP BEFORE

WHAT ARE THE ACTION STEPS YOU NEED TO TAKE OVER THE NEXT ...

DATE	24 HRS	7 DAYS	30 DAYS	60 DAYS
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The challenge I face today, is the character I'll need tomorrow.

