



..... (name)

## **ACTION** to achieve my goal

Goal:

To be achieved by:

What will I do to start achieving this goal? What? When? Where?

***take action***

Who can help me? How can they help me?

***take action***

When will I review? How? Who with?

***Review – Review – Review***

How will I know when I have achieved my goal?

Signed ..... date.....

*empower – enable – equip*

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