





Goal Setting II: Action Steps

-  To create action steps, we want to take into consideration our values, priorities, and ideal lives.
-  Once we know where we are and where we want to go, we analyze the gap and determine the steps that we need to take to achieve our goals.
-  Ultimately, we want to narrow our focus to two or three priorities and then create small steps that we can do immediately to move us forward.
-  It's important to check in with our Big Why when we create action steps to ensure that we are staying on track for our heart's goals.

Application Question/Activity:

1. Choose no more than three priorities to focus on right now. Consider which ones would move you forward the most.
2. Keeping those priorities in mind, make a list of actions to take that will move you toward your goals.
3. Prioritize your actions list. What is the first action that you want to take?
4. As you move forward, revisit your goals, priorities, and action list each month. Make changes as necessary, and keep reminding yourself of what you want to be doing and why.