

*Break a goal into steps and you are more likely to succeed. Small successes fuel big change!*

*My Big Goal Is:*

*Seventh I need to:*

*I will do this by:*

*Sixth I need to:*

*I will do this by:*

*Fifth I need to:*

*I will do this by:*

*Fourth I need to:*

*I will do this by:*

*Third I need to:*

*I will do this by:*

*Second I need to:*

*I will do this by:*

*First I need to:*

*I will do this by:*