YOUR PERSONAL GPS

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★ THE SUMMIT: MY GOAL

WHAT IS MY NEXT GOAL?

ARRIVAL DATE

WHY IT MATTERS TO ME

3 **MILESTONE 3** **BY**

2 **MILESTONE 2** **BY**

1 **MILESTONE 1** **BY**

START: WHERE I STAND TODAY

OBSTACLES AND DETOURS

OBSTACLE	MY WAY AROUND IT
OBSTACLE 1	
OBSTACLE 2	
OBSTACLE 3	

WHO IS A FEW STEPS AHEAD AND COULD ADVISE ME?

MY WEEKLY CHECK-IN DAY

THE NEXT SEVEN DAYS

Specific actions, small enough to start today. Anything you don't do within seventy-two hours, you will most likely never do.

- [ ] DAY 1 _____
- [ ] DAY 2 _____
- [ ] DAY 3 _____
- [ ] DAY 4 _____
- [ ] DAY 5 _____
- [ ] DAY 6 _____
- [ ] DAY 7 _____

WEEKLY CHECK-IN

Keep your goal in mind every day so you don't lose sight of it, and check regularly to make sure you're still on track.

WEEK	DATE	ON TRACK?	WHAT MOVED	NEXT STEP
1		yes · partly · no		
2		yes · partly · no		
3		yes · partly · no		
4		yes · partly · no		
5		yes · partly · no		
6		yes · partly · no		
7		yes · partly · no		
8		yes · partly · no		
9		yes · partly · no		
10		yes · partly · no		