

The Steps for Goal4 It!™



GOAL

- Aim for something you truly care about
 - Consider something that is challenging but within your reach
 - Be specific about your goal
 - Imagine how your life might be different if you accomplished your goal
-



PLAN

- Develop a detailed plan and commit to a specific time for getting started
 - Break your plan down into small steps with a short time horizon
 - Identify a pothole - something within your control that is most likely to get in the way of accomplishing your plan
 - Identify a detour - something you could do to overcome or work through your pothole
 - Combine your pothole and detour in the form of an "If [pothole], then [detour]" statement
-



DO

- Share your goal and plan with someone you trust and ask them to check in with you and hold you accountable
 - Use reminders or supports (such as an app on your phone) to help you get started, manage your time, stay organized, or stick with it
-



REVIEW +REVISE

- Review your progress in response to these questions: What did you learn? What worked well? Where are you stuck? What got in your way? What could you do differently?
 - Revise your goal, your plan, and/or your pothole-detour combination based on what you've learned
 - Remember that, regardless of whether or not you achieved your goal, this process is an opportunity for personal growth and learning
-