



# LIFE PREP 101



## GOAL ACTION *plan*

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|--|---|---|
| <br><b>GOAL</b><br><br><br><br><br><br><br><br><br><br>                               | <b>WHY</b><br><br><br><br><br><br><br><br><br><br>  | <b>MOTIVATION</b><br><br><br><br><br><br><br><br><br><br>   |
| <b>START DATE</b><br><br><br><br><br><br><br><br><br><br>  | <b>DEADLINE</b><br><br><br><br><br><br><br><br><br><br>   | <b>REWARD</b><br><br><br><br><br><br><br><br><br><br>   |
| <br><b>OBSTACLES TO OVERCOME</b><br><br><br><br><br><br><br><br><br><br>            | <b>RESOURCES</b><br><br><br><br><br><br><br><br><br><br> |   |
| <br><b>BIG STEPS</b><br><hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | <b>LITTLE STEPS</b><br><hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>  | <b>NOTES</b><br><br><br><br><br><br><br><br><br><br> |