Goals Action Plan

Setting a goal is a great first step, but creating a clear plan helps you follow through. Use this worksheet to break your goal into simple action steps and identify the resources that will support you along the way. The more specific your plan, the easier it will be to stay focused and make progress.

GOAL

WHY

MOTIVATION

START DATE

DEADLINE

REWARD

OBSTACLES TO OVERCOME

RESOURCES

LITTLE STEPS

BIG STEPS

NOTES:

BALL STATE UNIVERSITY
Office of Student Success Coaching