

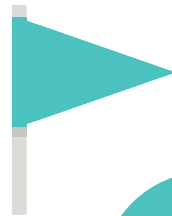
SUCCESS MARKERS

We'll use this sheet to track your progress toward your goal. Remember it's OK to slip back sometimes, it's all part of the process! The important thing is not to stop.

The destination.

Date:

Well done! Be proud of how far you've come, Now you get to decide whether this is the starting point for the next journey!



Check point 4

Date:

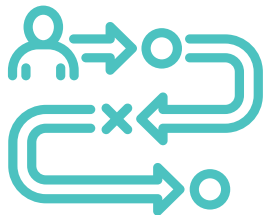
What final steps do I need to take to reach my goal?



Check point 3

Date:

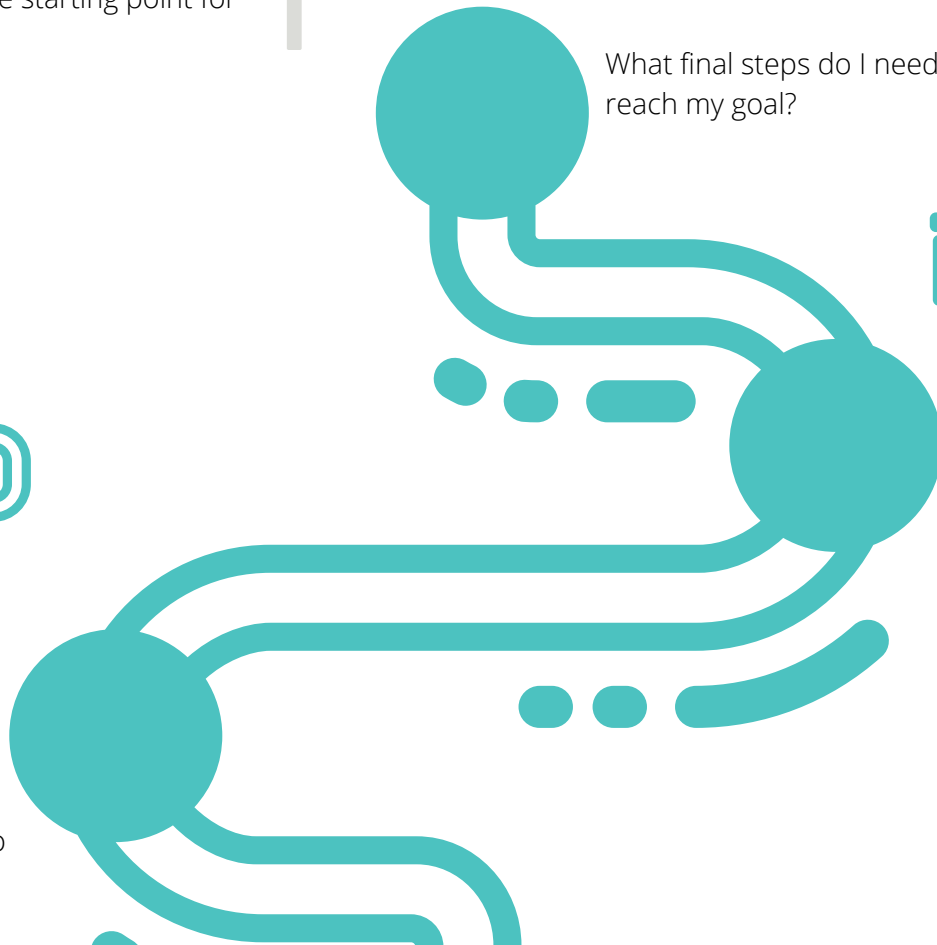
Does my goal still feel a long way off? Look back at how far I've come.



Check point 2

Date:

Have I taken any detours? What do I need to do now?



Check point 1

Date:

Am I on track? Do I need to course-correct?



The start.

Decide where you want to go. What is your goal? When do you want to be at your destination? [Fill in the date boxes]