

# ACTION SHEET #11

## Tracking my Goal

I am in the process of becoming - new identity (from Action Sheet #5):

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Goal (observable, measurable, specific time frame):

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Tracking tool (i.e. daily planner, Fitbit, etc.):

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Review period (daily, weekly, monthly):

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Date of next review:

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To be reviewed with (mentor, accountability partner, etc.):

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How I will acknowledge/celebrate my success:

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# ACTION SHEET #11

## Tracking my Goal

### (Example)

I am in the process of becoming - new identity (from Action Sheet #5):

A healthy person

**Goal (observable, measurable, specific time frame):** Go to the gym Tuesday and Thursday on my way home from work and Saturday morning after breakfast.

**Tracking tool (i.e. daily planner, Fitbit, etc.):** Daily tracker tool in my daily planner

**Review period (daily, weekly, monthly):** Weekly. Every Sunday in order to prepare for the new week.

**Date of next review:** Sunday, June 23

**To be review with (mentor, accountability partner, etc.):** Mentor Gerry

**How I will acknowledge/celebrate my success:** I will make time to see a movie I have been wanting to see.

