

Plan Worksheet

Directions: Make a plan to help you obtain something you want. Once you have done that go through the checklist to see if all elements of a successful plan are included. If they are, then congratulations. If they aren't, rewrite your plan at the end of this worksheet being certain to include the missing elements.

Record the Plan:

Am I ready for this plan?

Is it simple?

Is it attainable?

Is it measureable?

Is it specific?

Can I start right away?

Is it a stop-doing plan?

Can I repeat the actions on a regular basis?

Does this plan rely on other people for success?

Does this plan build in contingencies for anything that could prevent my success?

What is my new, improved plan?