

SHRED 10

Goal Achievement Plan (GAP)

GOAL – What Do You Want To Achieve

Write down your goal in one sentence:

WHY – Why Do You Want To Achieve It

Write down the main reason why you want to achieve this goal:

HOW – How Will You Achieve It

Write down which product you will use to achieve this goal:

ACTION – Take Massive Action And Achieve Your Goal

Write down the first 3 things you will do within the next 24 hours to help you take steps towards reaching this goal:

TRACK – Track, Fix & Repeat

Write down at least 3 ways you will track your progress and how often:

REWARDS – Celebrate Your Achievements, Big And Small

Write down one reward for each one of the following achievements:

1) For taking daily action :

2) For weekly progress :

3) For reaching your main goal :

Now go and put this somewhere where you will see it on a daily basis!