

Deadline

Motivation

Confidence

 Director

Impact

Phone:

Page 10 of 10

Page 10 of 10

Page 10 of 10

Page 10 of 10

Page 10 of 10

Page 10 of 10

Done

Page 10 of 10

11/11/2019

Page 10 of 10

11/11/2019

Page 10 of 10

© 2010 Pearson Education, Inc.

Page 10 of 10

Page 10 of 10

Ryan Zofay, Life & Business Coach (RyanZofay.com)

Anticipate Obstacles → Solutions:

Obstacle	Solution / If-Then Plan	Owner
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Activities & Steps (guided):

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Daily Habit Tracker (4 weeks):

Week 1	M	T	W	T	F	S	S
Week 2	M	T	W	T	F	S	S
Week 3	M	T	W	T	F	S	S
Week 4	M	T	W	T	F	S	S

Review & Reflect (weekly):

Notes:

Signature:

Date: