



# Game Plan Activity

My Goal: \_\_\_\_\_

1. Barriers (List the things in the way of achieving your goal.)

2. Solutions (How do I overcome each barrier?)

3. Rewards (How will reaching this goal help me?)

4. Commitment (Are the rewards worth the costs?)

Yes

No

Undecided

5. Target Date:

I will reach this goal by: \_\_\_\_\_, 20\_\_\_\_

6. Achievement Date:

This goal was reached on: \_\_\_\_\_, 20\_\_\_\_