

My Action Plan From _____ To _____ **GOALS** * Select **one** goal in each of the 7 areas. For clarity, keep it simple, and be specific

<p>1. Financial I am earning a total income of ... I am saving or investing.... I am reducing my debt by</p>	
<p>2. Business (e.g. Projects, Sales, or New Ventures)</p>	I am
<p>3. Fun Time (Total days off for relaxation, vacation and rejuvenation)</p>	I am enjoying _____ days off for FUN
<p>4. Health (e.g. Physical, Mental or Spiritual)</p>	I am
<p>5. Relationships (e.g. Family, Personal or Business)</p>	I am
<p>6. Personal (e.g. Projects, Purchases or Learning)</p>	I am
<p>7. Contribution (e.g. Charitable, Community or Donations)</p>	I am

The 7 Day Focus

At the beginning of each week select the 3 most important things you want to accomplish. Choose activities that will move you toward the completion of your 7 major goals. Make one contact with your accountability partner to review your progress.

Week 1 Accountability Partner Contacted Yes No	Week 6 Accountability Partner Contacted Yes No
1	1
2	2
3	3
Week 2 Accountability Partner Contacted Yes No	Week 7 Accountability Partner Contacted Yes No
1	1
2	2
3	3
Week 3 Accountability Partner Contacted Yes No	Week 8 Accountability Partner Contacted Yes No
1	1
2	2
3	3
Week 4 Accountability Partner Contacted Yes No	Week 9 Accountability Partner Contacted Yes No
1	1
2	2
3	3
Week 5 Accountability Partner Contacted Yes No	Week 10 Accountability Partner Contacted Yes No
1	1
2	2
3	3