

**Make a plan for Putting goals into action**

1. Pick a SMART goal that you want to achieve and break it up into steps.
2. Write down each step, the resources you'll need to achieve it, and the due date for completing it.
3. Pick a friend or family member to tell about your goal and check in with them on a regular basis. This will help you keep yourself accountable. Select a SMART goal you want to achieve.

My SMART goal is...	
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**Make an action plan for your SMART goal**

Steps  List one specific step in each box for achieving your goal	Resources I need  This can be things like tools, information, transportation, assistance, or money	Date to complete step	Who will I check in with?  And how often will I check in?

