

This worksheet is designed to help you map out the actions you will take to achieve your goals. You may add to this as you progress on achieving your goal. For each action, you will write the challenges you may face and the solutions to those challenges (this can be added to as and when new challenges arise.) The aim of this chart is to have a reference point when things don't go to plan and life gets in the way, a concrete plan of action to attain your goal and to assist in motivation and managing procrastination . Once you've used this for a while, it will become easier to do it without mapping it out however, this is an extremely useful tool to use with any event in your life.

**GOAL**

ACTION	CHALLENGE	SOLUTION
The activity you need to do to achieve your goal.	The challenges you may face with this action.	What you will do when this challenge arises. What's the worst that could happen?

ACTION	CHALLENGE	SOLUTION
The activity you need to do to achieve your goal.	The challenges you may face with this action.	What you will do when this challenge arises. What's the worst that could happen?

ACTION	CHALLENGE	SOLUTION
The activity you need to do to achieve your goal.	The challenges you may face with this action.	What you will do when this challenge arises. What's the worst that could happen?

ACTION	CHALLENGE	SOLUTION
The activity you need to do to achieve your goal.	The challenges you may face with this action.	What you will do when this challenge arises. What's the worst that could happen?