**Action Planning Worksheet: G-WAVE**

**Step #1: Articulate your S.M.A.R.T Goal:**

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| **Step #2**  **WHY** is the goal important to you?  **Step #5** | Image result for g-wave insights | **Step #3**  What **ACTIONS** do you need to take?  **Step #4** |
| Who do you need to **ENGAGE** for support and help in accomplishing your goal? | **VISUALIZE**: What will the outcomes look like? |

**Getting Started-Taking Action**

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| 1. **Goal:** | | | | |
| **Specific** | **Measurable** | **Action Oriented** | **Realistic** | **Time Bound** |
| 1. **WHY** is the goal important to you? What is the purpose behind the goal? | |  | | |
| 1. What **ACTIONS** do you need to take? | |  | | |
| 1. **VISUALIZE**: What will the outcomes look like? | |  | | |
| 1. Who do you need to **ENGAGE** for support and help in accomplishing your goal? | |  | | |

**Notes:**