Personal Change Action Plan

The first step is to recognize the specific change you want to make in your life. This first step takes courage. But be assured, our proven Personal Change Action Plan is designed to help you along this journey.

“All you need is the plan, the road map, and the courage to press on to your destination.” - Earl Nightingale

Your Personal Change

________________________________________________________

________________________________________________________

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1. How much time will you put aside daily or weekly to implement this change? On which days?

___________________________________________________________________________________________

___________________________________________________________________________________________

2. How will you ensure that the things you need to do to ensure implementation of this change will be given a priority over your current daily tasks? To make the necessary time, what will you stop doing? What will you delegate to others? What might you postpone or do less of until this change is completed?

___________________________________________________________________________________________

___________________________________________________________________________________________

3. Check that your change goal meets the SMART criteria:

Specific  ________________________________________________________________

Measurable ______________________________________________________________

Achievable  ______________________________________________________________

Relevant  ________________________________________________________________

Time-Framed ______________________________________________________________
4. Who will you share your goal with and how will they hold you accountable?

___________________________________________________________________________________________

___________________________________________________________________________________________

5. What other change implementation programs do you have going during this time?

___________________________________________________________________________________________

___________________________________________________________________________________________

6. How will you monitor and track progress of this change program?

___________________________________________________________________________________________

___________________________________________________________________________________________

7. How will you recognize the efforts you are making and use such recognition to keep you motivated? How will you reward yourself upon success completion of the change?

___________________________________________________________________________________________

___________________________________________________________________________________________

Create a 30-60-90 Day Action Plan NOW!
## 30-60-90 Day Action Plan

### Days 1-30

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<th>Actions I Will Take</th>
<th>Measurement Criteria</th>
<th>Support I Will Need</th>
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- What will success look like after 30 days?
  
  ________________________________________________________________

- How will you feel at this point?
  
  ________________________________________________________________

- How will you reward yourself?
  
  ________________________________________________________________

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Days 31-60

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- What will success look like after 60 days?
  ____________________________________________

- How will you feel at this point?
  ____________________________________________

- How will you reward yourself?
  ____________________________________________
Days 61-90

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- What will success look like after 90 days?
  ____________________________________________
- How will you feel at this point?
  ____________________________________________
- How will you reward yourself?
  ____________________________________________