



Move in Rhythm with Time

Creating Your Blueprint

Step 1: Choose 1-3 Measurable Goals that can be completed or started within the next 4 weeks

- a)
- b)
- c)

Step 2: State Each Goal Clearly and Set a Time for its Completion

Goal 1:

Due Date:

Goal 2:

Due Date:

Goal 3:

Due Date

Step 3: Write down What You Want for Your Goal and HOW You Want it To Happen

Goal 1:

Goal 2:

Goal 3:

Step 4: Break Each Goal Into 1-2 Hour Baby Steps

Step 5: Plug each baby step into the next 4 weeks (assign it Week 1, Week 2, Week 3, Week 4)

Baby Step	Week

Step 7: ONLY for the upcoming week – assign each item for this week a DAY of the week (based on your ideal schedule)

Week # 1 Baby Step	Day of Week

Determine what time each day you will do each baby step this week. For example, Monday at 2-4pm or Wednesday at 9-10am. Mark each of these in your calendar.

Step 8: Review and Re-assess each month