

Living A Determined Life™



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 _____

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

Actions I Will Take	Measurement Criteria	Support I Will Need

- What will success look like after 30 days?

- How will you feel at this point?

- How will you reward yourself?

Days 31-60

Actions I Will Take	Measurement Criteria	Support I Will Need

- What will success look like after 60 days?

- How will you feel at this point?

- How will you reward yourself?

Days 61-90

Actions I Will Take	Measurement Criteria	Support I Will Need

- What will success look like after 90 days?

- How will you feel at this point?

- How will you reward yourself?
