



# My Holiday Goals

Think through each goal individually. What are three action steps needed for each one? For example, if the goal is to exercise consistently through the holiday season, your action steps could be: schedule which days you will exercise (write them on your calendar), pick out your desired workout, and recruit a friend to join you.

How will you hold yourself accountable to these goals?

## Goal 1

Action step 1: \_\_\_\_\_

Action step 2: \_\_\_\_\_

Action step 3: \_\_\_\_\_

## Goal 2

Action step 1: \_\_\_\_\_

Action step 2: \_\_\_\_\_

Action step 3: \_\_\_\_\_

## Goal 3

Action step 1: \_\_\_\_\_

Action step 2: \_\_\_\_\_

Action step 3: \_\_\_\_\_

## Goal 4

Action step 1: \_\_\_\_\_

Action step 2: \_\_\_\_\_

Action step 3: \_\_\_\_\_

## Goal 5

Action step 1: \_\_\_\_\_

Action step 2: \_\_\_\_\_

Action step 3: \_\_\_\_\_

