

1. **Goal**

2. **Anticipated Roadblocks**

3. **Preventions – ROADBLOCK PREVENTION PLAN**

Problem 1 (List obstacle)

Solution (Plan to avoid quitting)

Problem 2 (List obstacle, etc)

Solution (Plan to avoid quitting)

PREVENTED ON (DATE) \_\_\_\_\_  YES  NO

PREVENTED ON (DATE) \_\_\_\_\_  YES  NO

PREVENTED ON (DATE) \_\_\_\_\_  YES  NO

4. **Baseline** - Describe your present performance in this area.

5. **Measurement and Measurement Reward**

(M) Minimum – The smallest level of improvement you will accept

Define: \_\_\_\_\_ M Reward: \_\_\_\_\_

(S) Satisfactory – An average acceptable measure of improvement

Define: \_\_\_\_\_ S Reward: \_\_\_\_\_

(E) Excellence – Evidence of great achievement for this goal

Define: \_\_\_\_\_ E Reward: \_\_\_\_\_

Big reward (*Examples: International vacation, new wardrobe*):

Smaller rewards (*Examples: movie night out, new shirt*):

6. **Detailed Plan**

7. **Proof / Verifying** - Who will you ask for help? What is your tracking plan?

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Check-In Days: \_\_\_\_\_

Circle One: *Spreadsheet / Report card / Evaluation / Assessment plan*

8. **Celebration** - Celebrate success!!!!

**AspirationsWS.com ACTION PLAN TIMELINE**      DEADLINE      REWARDS  
**ULTIMATE GOAL** \_\_\_\_\_      \_\_/\_\_/\_\_  \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

SOLUTION: \_\_\_\_\_ OVERCOME:  \_\_\_\_\_

ROADBLOCK #1: \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

SOLUTION: \_\_\_\_\_ OVERCOME:  \_\_\_\_\_

ROADBLOCK #1: \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

SOLUTION: \_\_\_\_\_ OVERCOME:  \_\_\_\_\_

ROADBLOCK #1: \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

STEPS \_\_\_\_\_

SOLUTION: \_\_\_\_\_ OVERCOME:  \_\_\_\_\_

ROADBLOCK #1: \_\_\_\_\_

STEPS \_\_\_\_\_

FIRST EFFORT \_\_\_\_\_

*(Start here and work up from the bottom of the page)*



**AspirationsWS.com WEEKLY ACTION PLAN CALENDAR**  
**WEEK # \_\_\_\_\_ DATES \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_**

**This is a report card that you fill out before your cheerleader asks you questions.**

List efforts, steps and achievements for this week.

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

List areas for improvement, areas of hardship this week. Then list solution options to overcome this obstacle next time.

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

List special notes about the details of this week, your attitude, crises, great experiences.

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

Overall grade for this week (circle one) M S E Verified By Cheerleader

**AspirationsWS.com CHEERLEADER'S REPORT CARD**  
**Give these to your cheerleader to fill out on every check-in.**

Achiever: \_\_\_\_\_ Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Directions: Cheerleader asks the Achiever these questions and writes answers according to their own assessment of positives and negatives. Be honest and firm.

Did you achieve your goal(s) this week? YES NO

Describe your efforts this week toward the goal:

Example:

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What were you're your hardships, triggers, pitfalls, obstacles?

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What did you learn from your obstacles?

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How did you overcome your hardships?

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What improvements can we make to our plan?

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Comments:

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Cheerleader: \_\_\_\_\_ GRADE: A B C D F