

Step #10 VISUALIZE

Consider how to keep it in front of you. Making a vision board is key. You can do this in a Power Point or a big piece of cardboard. Whatever works for you. Make sure to include your SMART goal, “why” motivators, measurables or key activities, incentives for doing the activity, etc.

- **DOCUMENT YOUR VISION & GOAL**
 - ✓ Find or make something that is a constant reminder of the vision you are moving towards. Put your vision/inspiration piece in a spot where you be motivated by it. (collage poster, photo, inspiration book, life map, etc.).
 - ✓ Write your goal and post in 3 spots to read daily.
- **VISUALIZE & ANTICIPATE what it will take to make your goal happen?**
 - ✓ Visualize your goal at the end of the year – what does it look like when it is happening?
 - ✓ Fill out the Goal Overview Chart; set objectives for each month.
 - ✓ Set some milestones and put on the calendar to create a reminder accountability system.
 - ✓ Share you vision and goals with your family and co-workers.
- **Design Personal ACCOUNTABILITY**
 - ✓ Share your goal with your leader, manager, team
 - ✓ Get a buddy
 - ✓ Work with a coach

What are your next steps? _____

What team do you want to support you? _____

How can your coach help you achieve your goals? _____

What support do you need (tools, team, learning)? _____