



TIMELINE

The Timeline is where you construct your staircase for your goal. You now understand your goal, but it's time to break it down into manageable steps. You start by putting the final step first...the Goal line.

Goal line – This is where you finish, or achieve your goal. Just take the “When” from the breakdown process and transfer this to the goal line.

13 Weeks – Where do you want, or need, to be at the 13 week point in order to be on pace to achieving your goal?

30 Days – What are you going to do in the next month in order to be on pace for your 13 week mark and ultimately your goal line?

7 Days – What are you going to do this week? What action steps need to be taken this week to be on track to reaching your 30 day mark?

Daily – What action steps are you taking daily. In the staircase analogy, this is the step you are looking at right now. This is the only step you need to think about. Once you take this step, you can look at the next (next day). And so on....One step at a time!



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Goal line:

13 Week:

Month:

Week:

Day:

