

S SELECT A SPECIFIC GOAL
I completed this step!

U UNDERSTAND WHY IT MATTERS TO YOU
I completed this step!

P PLAN THE STEPS TO REACH IT
I completed this step!

E EXPECT CHALLENGES AND PREPARE FOR THEM
I completed this step!

R RECORD YOUR PROGRESS
I completed this step!

T TRACK YOUR SUCCESS MILESTONES
I completed this step!

S SUPPORT FROM OTHERS (WHO CAN HELP?)
I completed this step!

R REWARD YOURSELF FOR ACHIEVEMENTS
I completed this step!

A ADJUST YOUR PLAN IF NEEDED
I completed this step!