EMERALD CONNECTION
Life coaching

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GOAL

Walk or run 15km a day by 30 August 2021

MILESTONE 1

3km within 30mins by 31 May 2021

ACTIONS TO REACH NEXT MILESTONE

- Get fit watch or download the app on phone
- Download/compile power tunes playlist for walking/running
- Water bottle, shoes, etc.

MILESTONE 2

6.5 km within 60mins by 30 June 2021

ACTIONS TO REACH NEXT MILESTONE

- Walk to shop daily for bread and milk instead of drive
- Update power tunes playlist
- Walk 4km and run 2.5km

MILESTONE 3

10 km within 80mins by 31 July 2021

ACTIONS TO REACH NEXT MILESTONE

- Walk 5km and run 5km
- Track heart rate
- etc.

MILESTONE 4

15 km within 90mins by 31 August 2021

ACTIONS TO REACH NEXT MILESTONE

- Walk 10km and run 5km
- etc.

REMEMBER:

- Keep it simple, small chunks at a time
- Focus on where you want to be - milestone by milestone
- Find what motivates AND is blocking you
- If you fall, get up, dust yourself off, identify the lesson and carry on.
- Be creative, be realistic and have fun!

This represents a very simple illustration of how to chunk your goal into smaller manageable actions.
Be specific with the actions to reach each of the milestones.

ACTION PLANNING

Action Step What needs to be done?	**Responsible Person** Who should take action to complete this step?	**Deadline** When should this step be completed?	**Necessary Resources** What do you need to complete this step?	**Potential Challenges** Any potential challenges that may impede completion? How will you overcome them?	**Result** Was this step successfully completed? Were any new steps identified in the process?

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