

SWIFT PLANNING WORKSHEET

S

STATE YOUR GOAL - *"Just say it."*

Write out your goal as simply and clearly as possible. What do you want to see happen?

W

WHY IT MATTERS - *"Don't just try; know why."*

Capture the compelling reason for your goal. Why does it matter to you?

I

IDENTIFY THE ISSUES TO OVERCOME - *"Obstacles are opportunities"*

List out the things that are in the way of achieving this goal. What are your obstacles?

F

FRAME OUT THE STEPS TO TAKE - *"Framework makes the dreamwork"*

Lay out the steps you will take in order to overcome the obstacles and achieve the goal.

T

TRACK PROGRESS - *"Make it fun, get it done."*

Keep track of your progress in a way that is fun and motivating.