



FOCUS & Be Well Boot Camp

G.P.S. Action Plan

Goals / Plan / Strategy

In *the G.P.S. Model*, You first, set your specific, time bounded, measurable **Goals** and re-write them below. Next, you will use the space provided below and list out, in your **Plan**, the activities and tasks needed to be accomplished to reach your goals. Then, write out your **Strategy** for exactly how you will complete the activities in your **Plan**, in order to reach your **Goals**. (Note: If you need more space, print out another GPS Action Plan)

Goals

In the section given below Re-write down your specific goals of what you will accomplish.

Plans:

List out below the the activities and tasks you will have to do to accomplish your goals

<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
-------------------------------	-------------------------------

Strategy

Write out specifically, how you will complete the activities in your Plan above. Schedule exactly how you will accomplish these tasks. Be Specific

1.

2.

3.
