

MONTHLY CHALLENGE WORKSHEET

My goal this month:

My start date is _____ **My end date is** _____

How will I achieve my goal?



How will I track my progress? (See site for tracking templates).

Why does this matter to me? Why this goal?

What are my options?

Reduce -

Reuse -

Recycle -

Refuse/alternate -

What obstacles/difficulties will I likely encounter? What are my concerns?

1.

2.

3.

4.

How do I plan to address these concerns to achieve my goal?

Overcoming obstacle 1 -

Overcoming obstacle 2 -

Overcoming obstacle 3 -

Overcoming obstacle 4 -

What are my next actionable steps? Do I need personal support for these changes?

What does personal success look like for this goal?

Success would be...

**YOU'VE GOT
THIS!**