

## *Destination Worksheet*

**Goal:**

**Benefits:**

**Current date:**

**Completion date:**

**Planning:** *What steps will it take?*

**Scheduling:** *Where will I block times off on my calendar for the activities and the weekly reviews?*

**Progressing:** *What do I want to happen the first month?*

**Rewarding:** *What stage will I first mark to reward my progress and what will my reward be?*