



THINK SET GO
WHAT'S YOUR
G.A.M.E P.L.A.N?



GOAL PURSUIT PATHWAY:

- **Goal** - Write down your goal
- **Attention** - Choose an element to focus on
- **Movement** - What specific actions will you need to take?
- **Evaluation** - How will you know when you have achieved this element of your goal?

NARROW YOUR FOCUS:

- **Person** - Who do you need to talk to?
- **Location** - What environment do you need to be in?
- **Action** - What will you do first?
- **Notice** - What will you notice and adjust?
 B.E.T (Body language and Breathing, Emotional response, Thoughts)

BY BEING SPECIFIC YOU WILL MAKE MORE PROGRESS

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