

What does SUCCESS look like here?

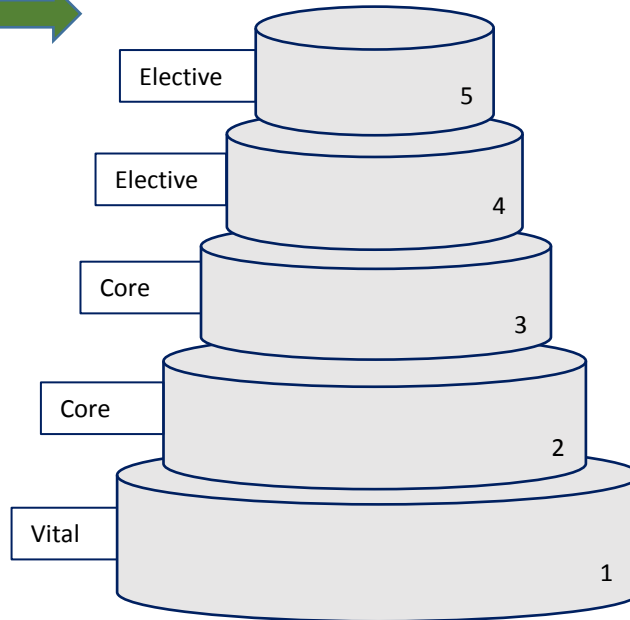


90 Days:

1 Year:

3 Years:

5 Years:



Questions to fill in on next page

- What behaviors are you going to STOP?
- What behaviors are you going to START?
- Who do you need to STOP emulating?
- Who do you need to START emulating?
- Identify the Key People you can share your plan with.
- Identify the people who you may upset with your change.

Cake Layer samples:

Work, Health/Fitness, Faith,
Fun/Recreation, Family/Relationships,
Community Service

45 Day Follow Up Worksheet – Cake Layers



1	2	3	4	5