

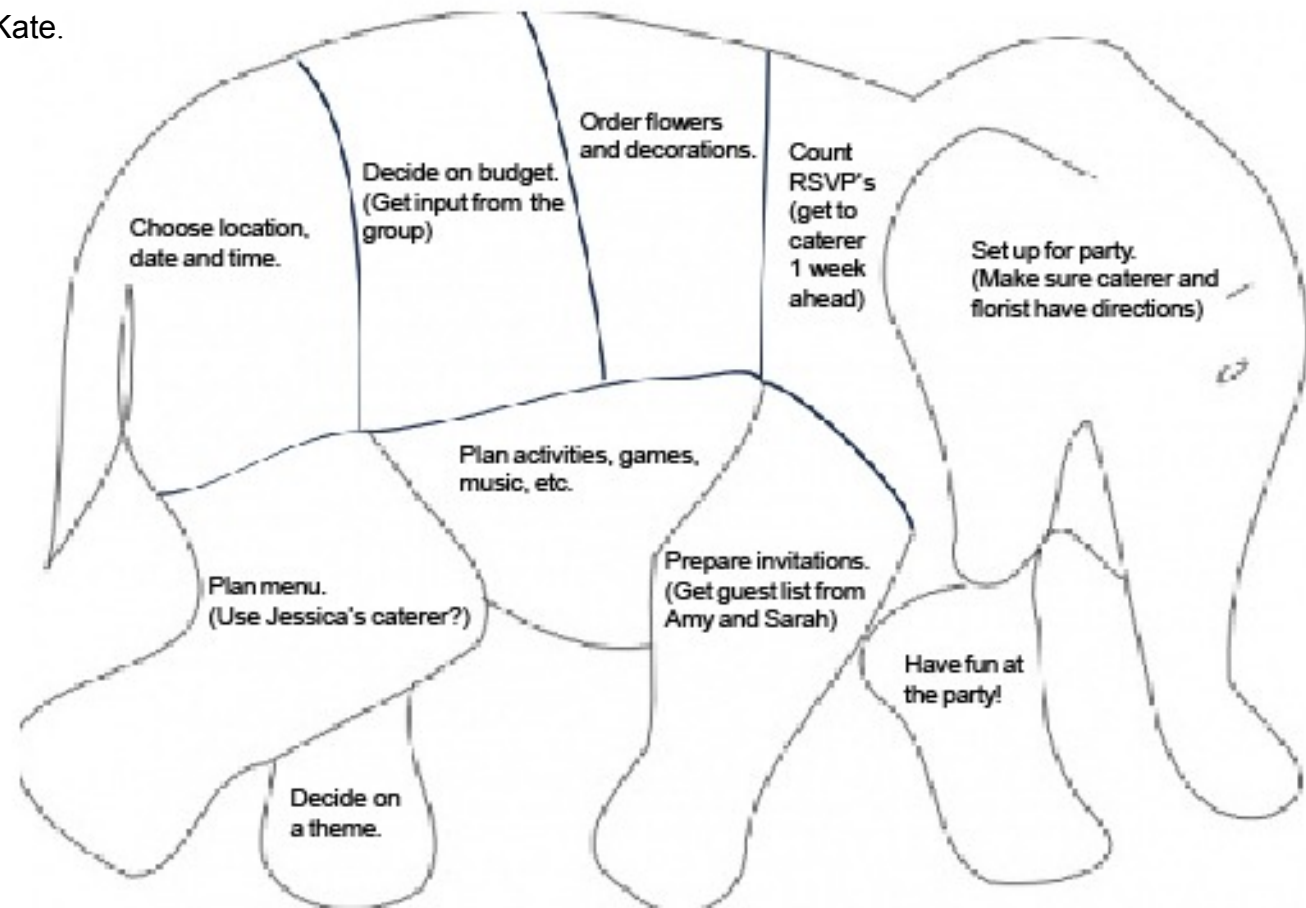
## Eating Your Elephant Goal Setting Worksheet Guide Example

One bite at a time is the way to reach your goal. Brainstorm the steps involved, don't worry about order now, just note each bite (one bite is one step) in one of the spaces on the elephant. If you have more steps than spaces you can subdivide the spaces, or you can break your goal into phases and use another elephant. Once you have the steps noted, start thinking about logical sequence (feel free to number them if you like, you can always change it up later). Decide on the first bite and commit to when you'll take it. The 'when' is important. If we don't schedule our intentions, they tend not to get accomplished.

Below is an example of how to use your elephant and it happens to have bites that could be further broken down. I encourage you to make your bites super small to start, especially if you know you are prone to paralysis. The smaller the bite, the less overwhelming it will be to take action.

After you have completed the first bite cross it out, color it in, or do whatever indicates success to you (maybe a gold star sticker?). It's good to acknowledge our successes, it keeps the motivation going. So no matter how small your accomplishment be sure you give yourself props - you deserve it!

**Elephant:** Plan baby shower for Kate.



# Eat Your Elephant Goal Setting Worksheet

Elephant: \_\_\_\_\_

Date: \_\_\_\_\_

