

# W.O.W. Action Sheet

## WITHIN ONE WEEK

**SMART GOALS | Specific | Measurable  
| Attainable | Realistic | Time Limited**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**WMD'S |Weapons of Mass Distraction|**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**COUNTERING ACTIVITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ACCOUNTABILITY PARTNER

Name: \_\_\_\_\_

Check in date/time: \_\_\_\_\_

## PERSONAL INVESTMENT

1. Therapy \_\_\_\_\_
2. Consultation Group \_\_\_\_\_
3. Training \_\_\_\_\_
4. Professional Service \_\_\_\_\_