

# MY 5F ACTION PLAN

## CREATING MY 5F GOALS

It's time to create your 5F goals! Take your inspiration from Phases #1 & #2 to create S.M.A.R.T. goals for each F. Write out 2-3 specific action steps or goals for each of your 5F's below (print and fill out). Less is more! Be sure to share your goals and actions steps with a mentor or accountability partner.

THE 5F'S	GOALS/ACTION STEPS
FAITH	
FAMILY	
FRIENDS	
FITNESS	
FINANCES	