

LONG TERM GOAL

MY GRIT LADDER

1. Start by writing your **LONG TERM GOAL** at the top of the ladder.
2. Below it, identify what you need to accomplish just before getting to that top-level goal.
3. Continue working down the ladder, writing down each goal needed just before the one above it, until you have arrived at a specific action step that you can do in the next 48 hours.

NEXT STEP

NEXT STEP

NEXT STEP

NEXT STEP

NEXT STEP

NEXT STEP

NEXT STEP

NEXT STEP

