



2Day 2Achieve Worksheet

Instructions: Use this worksheet to record the two daily actions you do each day that moves you closer to achieving your goal. The way to get closer to your goal is to think about the actions you are doing everyday that move you closer. Break it down to bite-sized pieces. This worksheet will allow you to capture – or plan – how you will ultimately achieve what you want one action at a time.

Your Goal

2Actions 2Day

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2Actions 2Day

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What do you notice about yourself this week after taking all these actions? Do any themes emerge? What are you up for next week?