

KATHLEEN KLUG
START
WITH
ONE



MODULE 3

GET IN G.E.A.R. SKILLS



GOAL

Establish a **target behavior goal** that is 100% achievable, specific, observable and measurable, and keep track of your behavior.

ENVIRONMENT

Organize and set up an **environment** that supports your goal behavior.

ASK for help

Ask for the help you need to support, encourage or motivate you in your target behavior goal.

REWARD

Reward yourself for accomplishing your target behavior goal.

GOALS

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Long Term Goals = 1 year +

Short Term Goals = 3 months - 1 year

Target Behavior Goals = Daily or Regularly

Long Term Goals	Short Term Goals	Target Behavior Goals
Get healthy and fit	Join a gym	Attend exercise classes 2 times per week
		Walk around the block 2 times per week
Become a millionaire	Save money and invest	Join an investor's group to learn strategies
		Save 10% money from every paycheck
Buy a home	Improve credit score	Pay all bills on time
		Pay down high credit card balances



Instructions:

Identify at least one Long Term Goal that you want to accomplish, an associated Short Term Goal that will show progress and movement in that direction and then list three Target Behaviors that you can do daily or regularly to move you in that direction. These Target Behaviors become your GOALS for the day and they must be:

- 100% achievable: Only put down what you know you CAN and WILL do.
- Specific: When, Where, and with Whom.
- Observable: Someone can SEE you doing this behavior.
- Measurable: How much, how long, how far; time, distance, speed and resistance.

Long Term Goals	Short Term Goals	Target Behavior Goals