Master Action Plan

ITEM	JANUARY		FEBRUARY		MARCH		APRIL		MAY		JUNE	
	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual

Master Action Plan (MAP)

Thank you for downloading the Master Action Plan from http://sagegrayson.com. A MAP is an excellent tool for tracking business stats, health and fitness goals, income and savings, school grades, habits, and anything else with measurable results.

Instructions

- First, determine whether you want a MAP for your career, family, personal life, finances, or even an all-encompassing plan that includes many areas of your life.
- Next, write the items you'll be tracking in the first column.
- If you have a record of your results from previous months, write them in the "Actual" columns for those months.
- Then, choose your goals for the current month and write them in the "Goals" column.
- On the first of every month, review your MAP to see which goals you reached and where you came up short. I like to review my MAP once a week so I stay on track.
- Write the real results in the "Actual" column, and then choose new goals for the next month. If you're not reaching your goals, either increase your effort or lower your target. If you're always reaching your goals, choose "stretch goals" that are slightly outside what you think is possible. You might surprise yourself!
- Use your MAP as your guide and adjust your behavior and habits to reach your goals.

Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

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ITEM	JULY		AUGUST		SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual