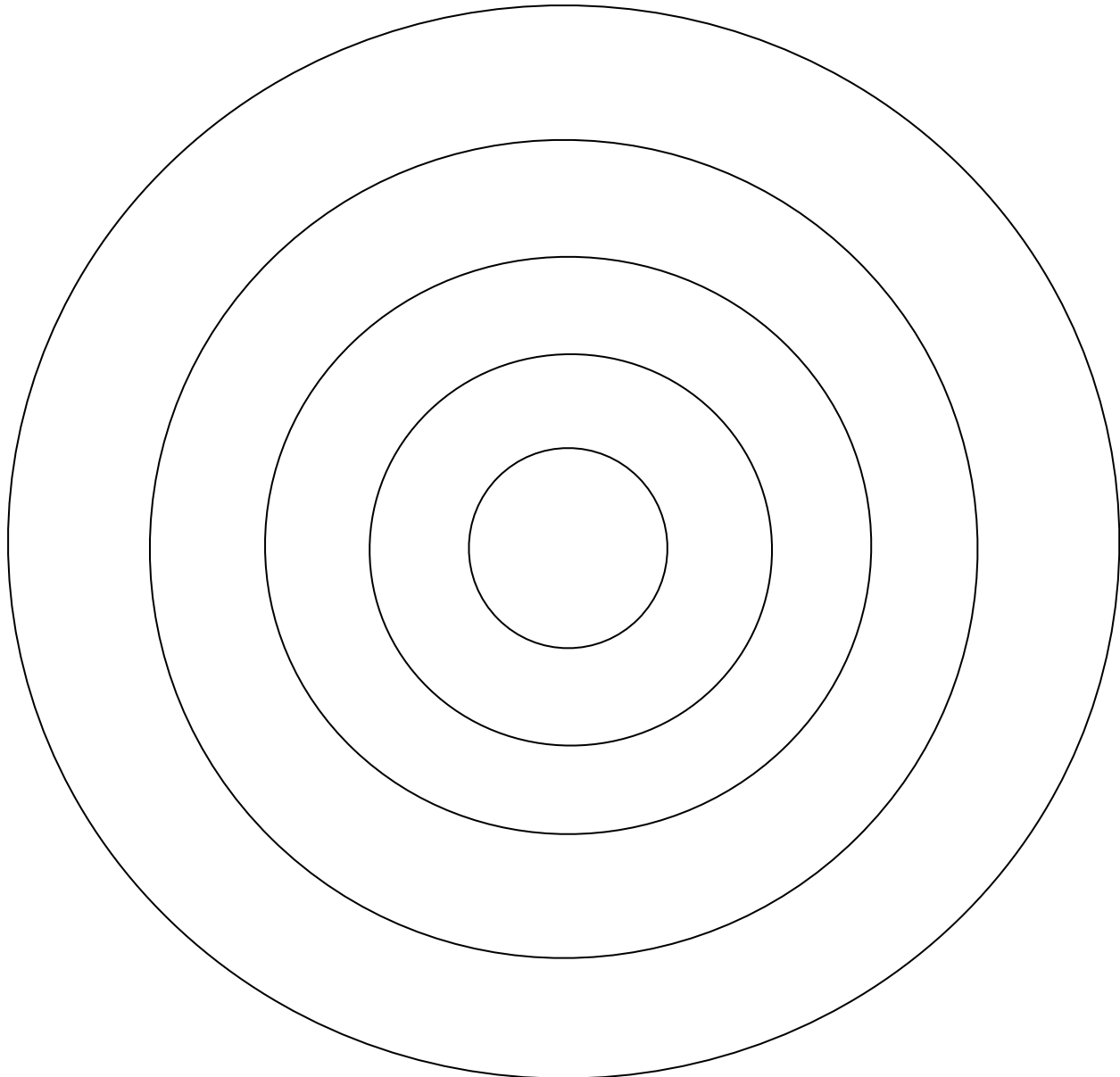




Target To Stay The Course (TTSTC)

Instructions: Begin by identifying your ultimate goal as the center of your pie. Next, divide your “pie” into the various pieces that contribute toward your success in reaching your ultimate goal. For each piece of the pie, identify the steps required to move closer to your ultimate goal. What will success look like at each level? How will you move from your current level one step closer to the center of the pie? Remember that baby steps will enable you to move from the outermost areas towards the ultimate level of success in the center of the pie.



Examples of “Pieces” of the Pie

Work
Food/Nutrition
Physical Activity
Rest & Recovery
Faith/Spiritual
Hydration

Support System
Medical Advice/Medications
Career
Volunteer Organizations
Children
Parents

Spouse
Friendships
Studies/Education
Living Environment
Additional Hobbies/Interests
(Anything that is important to you)