



Murray Wright
& Associates

PERSONAL ACTION PLAN

We know that the people who succeed in sport, business and life all set goals AND write them down. Having written goals focuses your attention, helps you to prioritise your efforts and follow the path to success.

For tips and advice about successful goal setting strategies go to murraywright.com.au/brainwaves

If you need any further support to with goal setting or achieving them, book your clarity session at murraywright.com.au

NAME

DATE

REVIEW

DATE

Areas for Improvement

TIP: Try our Self Assessment Tool and Self Reflection Exercise

What is the specific goal I want to set for myself?

ie: what would a score of 10/10 look like?

What are the 2 or 3 most important actions that will support you to reach your goal?

What other resources or support do you have or need to get to help you to reach your goals?