



EMPath

Economic Mobility Pathways

Breaking Down Goals into Action Steps Worksheet

My Mobility Goal is:

1. Brainstorm a list of Action Steps that you would need to take to achieve your goal. To start with, don't worry about the order you put them in. Once you have completed the full list, go back and number them in order.

2. Now list the resources that could help you to achieve the Action Steps and Goal. Some resources might be useful for just one Action Step, while others could be useful for the whole Goal. Resources can include people, information, personal qualities, support, etc. As you look at your list, think about whether any of the resources can be included in Action Steps (for example: "Talk to my friend who attends Bunker Hill about good classes to take" or "Talk to my mother to make sure that she can babysit for me every Wednesday evening while I go to class.")

3. As you look at the Action Steps, think about whether there are any challenges that could get in the way of completing them. Then list some strategies you could use to overcome those challenges. Can you include these strategies as additional Action Steps toward your goal? (For example: If the challenge is "My son gets sick a lot," the Action Step could be: "Identify two people who would be willing to stay with my son when he is sick so I don't have to miss class.")

What challenges could keep you from achieving your goal, and what strategies could you use to overcome them?

CHALLENGE	STRATEGY

Before you finalize your Action Steps, look at them and make sure that they meet the SMART test:

- S**pecific
- M**easureable
- A**ttainable
- R**elevant
- T**ime-Limited