

# Red Light, Green Light Action Plan Guide

Some of us have so many goals that we don't know where to start. Others of us have a few goals, but they are so big and daunting that we still don't know where to start. Sometimes we can get so overwhelmed by what it takes to achieve our goals that we end up doing nothing at all. Or even worse - we may subconsciously believe that we aren't good enough for our goals and we self-sabotage in various ways. Well, no more of that nonsense! Progress is better than perfection, and we must start somewhere. It's time to rid our minds of the mental traffic jam that is blocking our desired destination. Use this tool to help you **STOP** your limiting beliefs, **SLOW** down the process, and **GO** after your goals effectively!



- Stop doubting yourself. Doubt kills more dreams than failure ever will.
  - Stop procrastinating. The longer you wait, the longer you suffer.
  - Stop believing that you're not good enough. You're **MORE** than good enough.
  - Stop trying to be perfect. Perfection serves no one.
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- When you begin to feel overwhelmed, quiet your mind & breathe deeply for 5 minutes.
  - Instead of thinking about the many steps until success, **ONLY** think about the first step that's right in front of you. You can't reach Level 10 without first completing Level 1.
  - Ask yourself if what you're worried about or focusing on is going to help you progress towards your goal?
  - Remind yourself that everything does not have to be done all at once. Remember, progress is better than perfection. You can't improve on what doesn't exist.
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- Map out your goals for the next 30 days, 90 days, and 1 year.
  - Create an action plan for each goal.
  - Take your action plan and break it down into smaller chunks.
  - Make sure you are doing at least one thing every day that progresses you one step closer to your goals.

Let's map out one of your goals now. We often underestimate how much can be accomplished in 30 days. If you consistently focus on progressing and improving every month, then this time next year will look completely different (in a positive way, of course).

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Today's Date: \_\_\_\_\_

Goal Completion Date: \_\_\_\_\_

Write down a 30 day goal. Remember to be as specific as possible. Fuzzy desires yield fuzzy results.  
For example:

I want to save money. = WEAK

I want to save \$1,000. = GOOD

I want to save \$1,000 in 30 days. = BETTER

I want to save \$1,000 in 30 days by decreasing my debt. = BEST

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You can't tell how far you've come if you don't measure where you started. Write down your starting point. Where are you at currently towards your goal? If you're close to completing, think of a new goal.  
Ex.: I have saved \$0

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It's important that you truly connect with your goal. Otherwise, it will be easy to let it fall by the wayside or easy to give up when obstacles arise or the road gets tough. Answer the questions below.

How will your life be different by achieving this goal? How will you feel? How will this achieved goal impact others in your life? What would achieving this goal mean to you?

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What will happen if you do NOT achieve this goal? How will you feel? Will you suffer? Will things become worse than they presently are?

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Write down 3-5 steps that you can take towards achieving your goal, and circle whether the step is required to achieve your goal, required but less important, or not required.  
R = Required   LI = Required But Less Important   NR = Not Required

1.	<hr/>	RI	LI	NR
2.	<hr/>	RI	LI	NR
3.	<hr/>	RI	LI	NR
4.	<hr/>	RI	LI	NR
5.	<hr/>	RI	LI	NR

Now it's time to break it down. What is the halfway point towards reaching your goal? Ex.: Save \$500 in 15 days. (Feel free to break this in half, as well, i.e. \$250 in one week)

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What steps can you take today to progress you towards your halfway mark? Don't think about 30 days from now. Don't think about 2 weeks from now. ONLY think about what you can do right now in this moment to put you one step closer towards your goal. Ex.: Save \$5 by not buying luxury coffee. It may seem insignificant but that puts you \$5 closer than you were yesterday. EVERY STEP COUNTS!

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Now that you've got your first steps, it's time to hold yourself accountable and track your progress. At the end of each week, write down what went well, what struggles occurred (if any), and how you can improve for next week

Week 1. 

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Week 2. 

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Week 3. 

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Week 4. 

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Your goal completion date has arrived! How did you do? How do you feel?

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If you achieved your goal, how will you build upon the momentum you’ve created?

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If you did not achieve your goal, how will you improve moving forward?

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Now that you have the framework, complete this exercise for all of your goals. Adjust the break down and assessment time frames accordingly (i.e. break a one year goal down into 6 months then 3 months then 1 month, and re-assess monthly instead of weekly.) It may seem tedious but your goals are worth it. When you get in the habit of taking action in this way, you'll start to create, execute, and achieve your goals much faster.

Never forget that:

You are more powerful than the blocks in your life!

You are fully capable of achieving the life you desire!

You are worth it!

If you need help in gaining clarity and achieving your goals, feel free to schedule a free consultation to see if we'd be a good fit to work together at [www.bit.ly/LVInsight](http://www.bit.ly/LVInsight) (That's a case sensitive url by the way.) Meanwhile, it's time for you to grab you dreams and...

**GO!**