

WEEKLY ACTION SHEET
Stress-Free Career Change System

Overall Goal:

Weekly Goal(s):

Actions to Meet Goals	Target Date	Done?	Lessons Learned for Next Week

Way to Celebrate:

WEEKLY ACTION SHEET (SAMPLE)
Stress-Free Career Change System

Overall Goal: To switch to a profitable career that meets my lifestyle

Weekly Goal(s): Find people I can talk to about working from home

Actions to Meet Goals	Target Date	Done?	Lessons Learned for Next Week
Internet research on working from home (so I'll feel more informed when I talk to people)	Sat. 10/6	N	There's a lot of information online! I'll continue this next week too.
Talk to friends to see who they know who makes money working from home	Fri. 10/12	Y	
Make a list of "informants" I can interview	Fri. 10/12	Y	

Way to Celebrate: Leisurely bubble bath with the lights off and candles on