

Adaptability Plan

My Personal Creed/Manifesto/Mission Statement:

PERSONAL LIFE GOALS (SOCIAL, FINANCIAL, EDUCATIONAL, TRAVEL, ETC.)		
Zero to 4 Weeks	1 to 6 months	1 Year
OBSTACLES		
CAREER GOALS		
Zero to 4 Weeks	1 to 6 months	1 Year
OBSTACLES		
FITNESS GOALS		
Zero to 4 Weeks	1 to 6 months	1 Year
OBSTACLES		
WELLNESS/SPIRITUAL/STRESS MANAGEMENT GOALS		
Zero to 4 Weeks	1 to 6 months	1 Year
OBSTACLES		