

Lock-In Plan Worksheet

Create your focus, daily steps, and accountability

1. Choose Your Focus Area

- () Health
- () Finances
- () Relationships
- () Personal Growth
- () Other: _____

2. Why This Area?

Why is this important to you?

3. Daily Step

What action will you do every day?

Example: Walk 20 min, drink 8 glasses, write 200 words.

4. Environment

Distractions to remove: _____

Support to add: _____

5. Accountability

Who will you tell? _____

Progress tracking (journal, app, calendar): _____

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