

WHAT ANYONE CAN DO

The People Plan STEP 1: PREPARE

Share

Find someone, even if it's one person, whom you trust, and talk about what you want out of life. Let that person help you explore and discover what you do want, not just what you don't want.



Identify a specific goal

Turn your dreams into specific goals. You can start small if you like, but set a goal for yourself that means something to you and make the decision to go after it.

Build your dream team

Identify people who can help you achieve your goal. If they share the same aspiration, consider going after it together. Find people who've already achieved the goal, and get tips from them that will help you develop your own action plan. Enlist people who will encourage you and challenge you, and who will not let you fail.

