



Eat your Elephant Worksheet!

INSTRUCTIONS: Do you have an elephant on your plate? A task, goal or project so big it seems overwhelming and you don't know where to start? So, how do you eat an elephant? One bite at a time!

- Write a short description of the project, goal or task here
- Now using the elephant image below, brainstorm and write out everything you think you need to do on and around the elephant's body.
- Then simply circle 1 or 2 'bites' of action you feel you can take right now and write next to them the date when you'll do them by.
- Finally, put your elephant up on the wall somewhere and return to add actions you may think of, dates to complete by and to cross off the actions you've done.

