

GOALS

START:



Date:

Target Date:

Start Date:

Date Achieved:

Goal

What exactly will you accomplish:

How will you know when you've reached the goal:

Is the goal realistic w/ effort & commitment? Do you have the resources to achieve this goal? If not, how will you get them?

Why is this goal significant in your life?

When will this goal be achieved & does the thought of it thrill you?

This goal is important because:

The benefits of achieving this goal will be:

Take Action!

Potential Obstacles

Potential Solutions:

What steps need to be taken to get you to your goal?

1)

2)

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5)

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8)

Expected completion dates:

Completed:

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