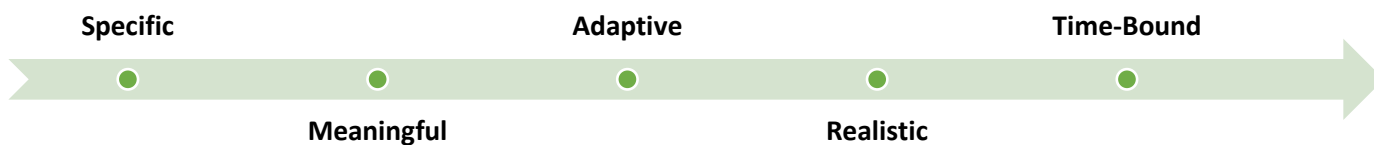


GOAL SETTING



My current goal is:

Is my goal clear? YES NO

If no, how can I make it more specific? _____

What steps can I take to complete these goals? Start with the easiest step.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

How do I know if I reached my goal? _____

Do I have the resources I need to achieve this? YES NO

If no, what do I need? _____

Can I commit to this goal? YES NO

Why or why not? _____

What are some things that could get in the way of completing this goal?

When will I start? _____

When do I hope to complete this? _____

What can I do today? _____

