GOAL SETTING

Identify a goal you would like to reach. Make sure to be as specific as possible.

What are some steps I need to take to reach this goal?

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___________________________________________________________________________

___________________________________________________________________________

Who can help me reach this goal and what can they do?

- ________________________________________________________________________

- ________________________________________________________________________

- ________________________________________________________________________

How can I keep track of my progress?

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What can I do if I have a bad day?

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___________________________________________________________________________

How will I know that I’ve reached my goal?

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

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