

# 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?

---

---

---

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

---

---

---

How can I keep track of my progress?

---

---

What can I do if I have a bad day?

---

---

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

---

