

setting goals

MY PRIORITIES

- 1.
- 2.
- 3.
- 4.
- 5.

When I feel like giving up, I will tell myself...

GOAL: _____

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: _____

GOAL: _____

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: _____

GOAL: _____

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: _____

GOAL: _____

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: _____

GOAL: _____

Action Steps-

- 1.
- 2.
- 3.

DEADLINE: _____