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:_____