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: _____