

# GOAL SETTING WORKSHEET

**My Goal:** \_\_\_\_\_



**What steps do I need to take to achieve this goal?**



**STEP 1:**

**STEP 2:**

**STEP 3:**

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**Why do I want to accomplish this goal?**



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**How long will it take me to reach this goal?**



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**What help do I need? Who can help me achieve this goal?**



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