

Goal 1

What is your goal? Why is this your goal?

Achieve by: / / .

What steps or strategies will you use...

In the next week?

In the month?

In the next.....

Goal 2

What is your goal? Why is this your goal?

Achieve by: / / .

What steps or strategies will you use...

In the next week?

In the month?

In the next.....

Goal 3

What is your goal? Why is this your goal?

Achieve by: / / .

What steps or strategies will you use...

In the next week?

In the month?

In the next.....