

# Setting Goals

## MY PRIORITIES

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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: \_\_\_\_\_