

# Goal

START DATE: \_\_\_/\_\_\_/\_\_\_\_\_

SETTING

END DATE: \_\_\_/\_\_\_/\_\_\_\_\_

MY GOAL IS ...

MY WHY

POTENTIAL OBSTACLES

ACTION STEPS

THINGS TO USE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

WHAT DID I ACHIEVE?

NOTES

“

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