

Goal Setting

My Priorities

**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: _____