

My Goals

this year

MY *ONE* GOAL

3 Main Steps to Take to Achieve It

By the end of _____, I

3 Things to Prepare:

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3 Ways I'll Know I Have Achieved My Goal

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Goal Setting Worksheet

My name:

Date:

My ONE goal for this year

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Why I want to achieve this

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Problems that may appear

Possible solutions

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What will I do to achieve my goals?

How will I monitor my process?

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Tasks that will PREPARE me for my goal

| Date | Tasks | ✓ |
|------|-------|--------------------------|
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