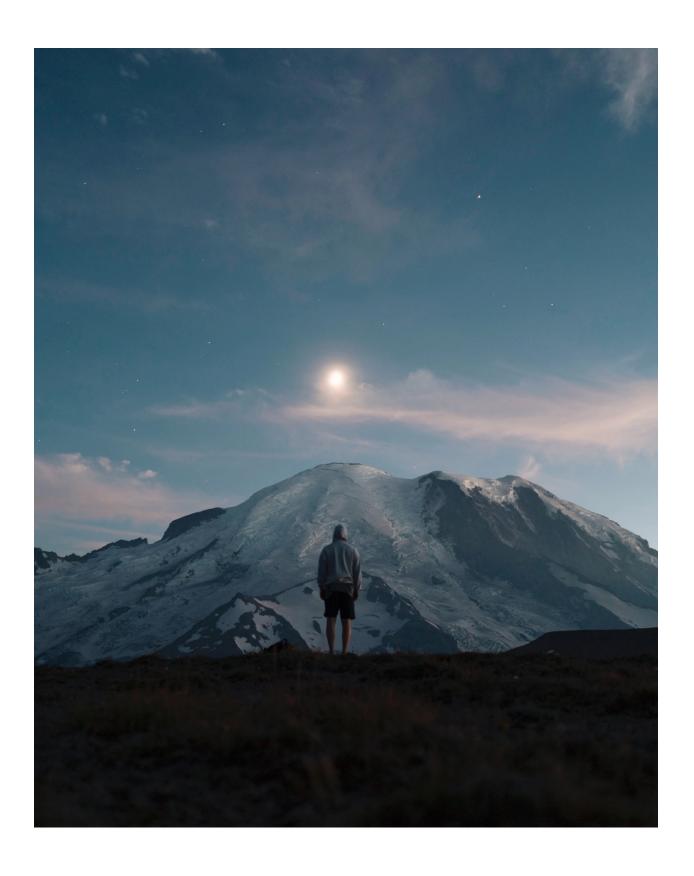
Confidence journal



What I want to achieve:	
Where I am now with my goal:	
Where I want to be with my goal:	
The time frame of my realistic goal:	
The barriers stopping me from achieving my realistic go	al:

How I will overcome these barriers:	
1	
2	
3	
4	
Result :	
Key takeaway:	