

# SET YOUR GOAL!

What is my specific goal? What do I want to achieve, improve, or do?

MY GOAL:



What are some steps I need to take to reach this goal? What are some resources I can use?

STEPS:

RESOURCES:

What are some challenges or obstacles I might face? How can I overcome them?

OBSTACLES:

OVERCOME THEM:

Is my goal achievable and **realistic**? If not, how can I re-think my goal?

How much **time** will it take to reach my goal?

Why does this goal matter to me? Why is it **important**?