

# GOAL SETTING

WHAT HAS MADE YOU DECIDE TO SET A GOAL NOW?

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WHAT DO YOU WANT TO ACHIEVE?

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WHEN WILL ACHIEVE THIS GOAL?

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HOW WILL YOUR DAY LOOK ONCE YOU ACHIEVE THIS GOAL?

EX.. WHAT WILL YOUR ROUTINE BE, HOW WILL YOU FEEL, WHAT WILL YOU BE DOING

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WHAT ARE 4 REASONS THIS IS IMPORTANT TO YOU?

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WHAT BARRIERS WILL YOU FACE?

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20 THINGS THAT NEED TO CHANGE IN ORDER TO ACHIEVE THIS GOAL

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FINALLY, WRITE A LETTER FROM YOUR FUTURE SELF THANKING YOU FOR ACHIEVING THIS GOAL