

# **SIMPLE GOAL SETTING WORKSHEET**

<b>GOAL START DATE:</b>

<b>GOAL COMPLETION DATE:</b>

<b>MY GOAL</b>	<b>WHY IS THIS SO IMPORTANT?</b>
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<b>STEPS TO REACHING MY GOAL</b>	<b>WHAT WILL HELP ME REACH MY GOAL?</b>
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<b>POTENTIAL OBSTACLES</b>	<b>REWARD FOR REACHING MY GOAL!!!</b>
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