



# Goal Setting Worksheet for Me

Create up to three goals for yourself.

Goal 1

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Goal 2

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Goal 3

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Write down what you will do to reach your goals.

Goal 1-Action Plan

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Goal 2-Action Plan

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Goal 3-Action Plan

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What are some positive qualities about you that will help you reach your goals? \_\_\_\_\_

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What might get in the way of you reaching your goals? \_\_\_\_\_

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How will you monitor your progress towards your goal? (i.e. sticker chart) \_\_\_\_\_

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