Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

SETTING A GOAL!!!!!

List a goal you can start achieving now

List DETAILED steps TIME FRAME

How will you reward yourself?

How will you evaluate?

Obstacles

How will to overcome your obstacles? (be specific)