

Goal Setting Worksheet



MY GOAL

Target date to achieve this goal:

Steps I will take to achieve my goal

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I will know I have reached my goal because

Three things that will help me focus to my goal

1.

2.

3.

Progress Tracker

100%

Date: _____

80%

Date: _____

60%

Date: _____

40%

Date: _____

20%

Date: _____