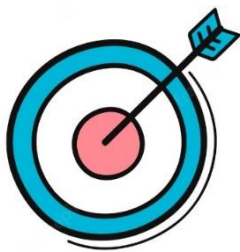


Ready, set, GOAL!

Write down your goal and how you will achieve it. Keep it in a place where you can see it every day. Then... go for it!

My goal and plans

<p>S</p> <p>Specific</p>	<p>What is my goal?</p>
<p>M</p> <p>Measurable</p>	<p>How will I track my progress?</p>
<p>A</p> <p>Attainable</p>	<p>How will I achieve this?</p>
<p>R</p> <p>Relevant</p>	<p>Why do I want to do this?</p>
<p>T</p> <p>Timely</p>	<p>When do I want to complete this goal?</p>



Ready, set, GOAL!

Losing steam? Revisit this list to help you stay on track with achieving your goal and why it's important to you. You've got this!

My why

I want to achieve this goal because...

My strengths

I CAN do this because...

Obstacles that may come up

Response plan

Obstacles that may come up	Response plan

My vision

Picture yourself where you want to be with your goal. How do you feel, look, and act?

