

I got this!

goal breakdown

GOAL

TARGET DATE

HOW WILL I KNOW I'VE REACHED MY GOAL?

MY GOAL IS IMPORTANT TO ME BECAUSE...

MY KEY STRENGTHS THAT'LL HELP ME ACHIEVE THIS GOAL

- 1.....
- 2.....
- 3.....
- 4.....

HABITS THAT WOULDN'T HELP ME GET TO MY GOAL

- 1.....
- 2.....
- 3.....
- 4.....

OBSTACLES THAT MAY ARISE

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HOW I PLAN TO RESPOND TO EACH OBSTACLE

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ACTIONABLE STEPS

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