



# GOAL SETTING

WHAT DO YOU WANT TO WORK ON?

WHAT DO YOU WANT TO ACHIEVE?

HOW IMPORTANT IS IT FOR YOU?

NOT IMPORTANT	1	2	3	4	5	6	7	8	9	10	IMPORTANT
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# ACTION PLAN

WHAT EXACTLY ARE YOU GOING TO DO?

WHAT MIGHT STOP YOU AND WHAT ARE YOU GOING TO DO ABOUT IT?

HOW CONFIDENT DO YOU FEEL?

NOT CONFIDENT	1	2	3	4	5	6	7	8	9	10	CONFIDENT
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