Goal Planning Sheet

	Area	Today's Date	Final Target Date	Date Achieved
_	Coal (Specific Mos	acurable Attainable [Poplistic Tangible	
•	oai (Specific, Mea	asurable, Attainable, F	tealistic, langible)	
-				
-				
-				
_				
_				
I	Benefits From Ach	ieving This Goal		
-				
		····		
				·····
F	Possible Obstacles	3		
-				
-		•		

Possible Solutions					
					_
					-
					_
					_
Specific Action Steps for Achieving This Goal	Responsible	Target Date		Date Completed	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
Method of Keeping Score	=				_
					_
Is it worth the time, effort and	money to reach this goal?	Yes	No	Yes but la	ater
Do I have the ability to achiev	Yes		No		
Am I willing to do what it take	Yes		No		
		'			
	Affirmations to Support	t This Goal			
					_

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