

FIGURE 6.3 Visual Map for Goal Setting

My Goals

Where am I going?
What do I want to achieve?

1.

2.

3.

How will I get there?

Goal #1

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-
-

Goal #2

-
-
-

Goal #3

-
-
-

How will I know when I've arrived? What does success look/feel like?

1.

2.

3.