



## Goal Sheet with Plan of Action

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- Pick 3 small goals to achieve this week.
- Write in the action steps it will take to complete each goal
- Be realistic about how long each task will take
- Specify which day you will complete each task
- Schedule each individual task into your planner
- Hang this goal sheet where it can be seen often
- Cross off goals when they are complete
- Do a happy dance! You know you want to.