

Set your SMART goal: Specific, Measurable, Achievable, Relevant, and Timely.

Reflect on Reality:		
<u>Obstacles</u>	<u>Strengths</u>	
1. 1.		
2.		
3.		
Options you have right now:		
How <i>will</i> you accomplish your goal:		
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Action Step	Time Needed	<u>Deadline</u>