

goal setting



Let's take control of our lives and set some goals for the future. Use the action steps to unpack how you are going to work towards achieving these goals!

HEALTH

1. _____

Action Steps: _____

2. _____

Action Steps: _____

3. _____

Action Steps: _____

FAMILY

1. _____

Action Steps: _____

2. _____

Action Steps: _____

3. _____

Action Steps: _____

FRIENDS

1. _____

Action Steps: _____

2. _____

Action Steps: _____

3. _____

Action Steps: _____

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Let's take control of our lives and set some goals for the future. Use the action steps to unpack how you are going to work towards achieving these goals!

CAREER

1. _____

Action Steps: _____

2. _____

Action Steps: _____

3. _____

Action Steps: _____

PERSONAL

1. _____

Action Steps: _____

2. _____

Action Steps: _____

3. _____

Action Steps: _____

OTHER

1. _____

Action Steps: _____

2. _____

Action Steps: _____

3. _____

Action Steps: _____

goal setting



Let's take control of our lives and set some goals for the future. Use the action steps to unpack how you are going to work towards achieving these goals!

1. _____

Action Steps: _____

2. _____

Action Steps: _____

3. _____

Action Steps: _____

4. _____

Action Steps: _____

5. _____

Action Steps: _____

6. _____

Action Steps: _____

7. _____

Action Steps: _____

8. _____

Action Steps: _____

9. _____

Action Steps: _____

10. _____

Action Steps: _____

