

# Goal Setting

Goal:

Start Date:

Deadline:

Why This Goal Matters:

Potential Challenges I May face:

How to overcome them:

Milestones

Deadline: ☐



<input type="checkbox"/>	Action steps	Due Date:
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Deadline: ☐



<input type="checkbox"/>	Action steps	Due Date:
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Deadline: ☐



<input type="checkbox"/>	Action steps	Due Date:
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

What went well?

Things to improve

Next Steps