



## GOAL SETTING WORKSHEET

Try your best to answer the following questions, to help set your goal.

**What do I want to achieve? What is my ultimate goal?** \_\_\_\_\_  
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**How can I break this down so that I can make this more achievable? What is my intermediate goal?** \_\_\_\_\_  
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**What could be the first mini-goal towards my long term goal?** \_\_\_\_\_  
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**How long will it take to reach my ultimate goal?** \_\_\_\_\_  
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