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Today's Date_____/_____/_____

GOAL SETTING WORKSHEET FOR: _____

GOAL (What is it that I want to accomplish or achieve? How important is it to me?)

BENEFITS (What benefits will I derive from achieving this goal? Name three of them.)

THOUGHTS (What am I THINKING about achieving this goal? Which details come to mind?)

FEELINGS (How do I FEEL about achieving this goal? Which feelings come up for me?)

ACTIONS (What steps have I taken to achieve this goal? What small steps can I take today?)

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