

**Name:**

**Date:**

**My Age:**

What makes me happy?

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What am I good at?

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What would I like to improve?

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# • My Big Goal

My Main Goal:

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Why is this goal important to me?

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How will reaching this goal help me?

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# • Smart Goal Plan

S — Specific

What exactly do I want to achieve?

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**M — Measurable**

How will I know I am making progress?

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**A — Achievable**

What skills or tools do I need?

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**R — Relevant**

Why does this goal matter to my life?

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**T — Time-Bound**

When do I want to complete this goal?

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# • Step-by-Step Action Plan

Step	What I Need To Do?	Target Date	Done?
1.			
2.			
3.			
4.			

# • Possible Challenges

What problems might slow me down?

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How can I solve these problems?

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Who can help me?

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# • Motivation Tracker

My favorite motivational quote:

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Reward I will give myself after success:

Three words that describe my future self:

1.

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2.

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3.

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# Weekly Progress Check

Week	What went well?	What I need to improve?
1.		
2.		
3.		
4.		

# • Reflection

What did I learn from this goal?

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What am I most proud of?

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What is my next goal?

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*Small steps every day can lead to big success. Keep trying and believe in yourself!*