

My Goal Plan

Pick one goal you can work on in the next few weeks. **Plan** the steps. **Check in** with yourself.

My goal: _____

Why it matters to me: _____

1**Step 1**
_____**2****Step 2**
_____**3****Step 3**
_____**Who or what can help****How I will know I did it****Check-in Date****How it is going****Next step**

1

2

3