

# Simple Goal Setting Worksheet

The basics of setting and completing your goals

Name \_\_\_\_\_ Goal Start Date \_\_\_\_\_

My Goal Is \_\_\_\_\_

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Goal Completion Date \_\_\_\_\_

Two Things That Will Help Me Reach My Goal

Steps To Reaching My Goal

1. \_\_\_\_\_

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

2. \_\_\_\_\_

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4. \_\_\_\_\_

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I Know I Have Reached My Goal Because

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