GOAL SETTING EXERCISE – LET’S DO IT!

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| **G**oal“*What I want”* | **O**bstacles*“Why I don’t have it”* | **A**nswers*“How I can get it”* | **L**imit*“When I can get it by”* | **S**atisfaction*“Why I want it”* |
| Is my goal?SpecificMeasurableAttainableRealistic Truthful |  |  |  |  |