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?  Specific  Measurable  Attainable  Realistic  Truthful |  |  |  |  |