

grab a pen & set some goals.

WRITE IT DOWN | MAKE IT PLAIN | GO GET IT

What are some of the goals you have? These can be in any time frame (week, month, semester, year). Think about them and 3-5 practical steps you can take to achieve them. Don't forget to check back in to monitor your progress or see where you need to readjust. More importantly, don't forget to celebrate the completion of these goals. A little progress is STILL progress. Feel free to reprint this as many times as necessary.

GOAL



GOAL



GOAL

