

# Goal Setting and Action Planning

Now it's time to put what you've learned about goal setting into practice by setting some of your own. Think about your 'why' and remember to be specific and realistic, and make sure your goals are relevant to **you**.



**What is my goal for this month?**

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**Why did I choose this goal?**

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**I will start working towards my goal on this date:**

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**Steps I will take towards my goal (action plan):**

*How confident I feel  
that I can do this  
1=Not at all to 10=Very*

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**Where I will go if I need help:**

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**What I need to get started:**

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# Goal Setting and Action Planning

*How will I measure my progress along the way?*

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*Challenges I might face:*

*What I will do if I feel like quitting:*

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*How will I know if I have achieved my goal?*

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