

**The Goal:**

**The Plan:** List at least three actions you'll take in order to reach this goal:

**The Backup:** What will you do to stay motivated when the going gets tough?

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**Did you meet your goal?**

What are you most proud of (even if you didn't reach your goal)?

What did you learn...

*About yourself:*

*About your goal:*

Who or what helped most throughout the process?