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internal medicine primary care integrative medicine health management weight management acupuncture aesthetics massage therapy

## My 2013 Goal Worksheet

Name: \_\_\_\_\_

Why I want to achieve these goals: \_\_\_\_\_

<b>Goal:</b>	_____	<b>Date Achieved?</b>	_____
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<b>Action Step 1:</b>	_____		_____
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<b>Action Step 2:</b>	_____		_____
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<b>Action Step 3:</b>	_____		_____
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**Challenges to achieving my goal?**

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**Who is supporting me?**

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**What do I get for achieving my goal?**

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