

**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?