

GOAL SETTING TOOL



1) What does **living my best life** look like?

2) **What steps** will I take to get there?

3) Decide on a **goal**

4) Set a deadline for your **goal**

5) Make your **plan of action**

6) Find an **accountability partner**

7) What impact will this have on your life when you achieve this goal?

Family, job, confidence, self-esteem, social, community, Lifestyle, Relationships.

