

# Goal

Be very clear - state your desired outcome

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## Goal Purpose

What is driving you to pursue this goal?

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## Goal Challenges

What will make this goal difficult to attain?

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## Action Steps

What will it take for you to make this goal a reality? Set milestones/mini goals here and note how you'll reward yourself for these mini-succeses.

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## Forgive Yourself, You Will Backslide.

Rather than punish yourself for failing, realize that setbacks are just a normal part of the process. Swear a little bit, be upset, but then forgive yourself and re-commit to your goal - you've got this!