

# Goal Statement Worksheet

Goal Statement (include action verbs and a target date):

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Action Steps (how will you reach your goal):

- 1). 

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- 2). 

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- 3). 

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- 4). 

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- 5). 

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Narrative Statement (what your life will look like when you reach your goal):

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I deserve this goal because:

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I hereby make a commitment to myself!

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

