**Goal setting template**

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| **What is the specific goal that you want to achieve?** |
| **Why do you want to achieve this goal?** |
| **Where are you currently starting from as it relates to this goal?** |
| **How will you achieve this goal? List each individual action step and deadline.** |
| **Who will be involved in helping you achieve this goal? Identify their specific role.** |
| **When will you achieve this goal? Identify a specific date** |

*55*

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_