

ACHIEVED:

When writing down your goals, be specific. Make sure your goals are challenging but also attainable so you don't lose motivation!

Why are you settings this goal? What do you expect to achieve? Writing this down can be a great reminder during times when you get stuck!

An action plan is your personal road map to success. What small steps do you need to take to achieve your goals? Set a timeline and make sure to check-in from time to time with your progress to stay on track!

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