

Goal-setting worksheet (Copy as needed)

| Short-Term |
|-----------------------|
| Date _____ |
| Short-term goal _____ |
| _____ |
| Task #1 _____ |
| Task #2 _____ |
| Task #3 _____ |
| Task #4 _____ |
| Task #5 _____ |
| Goal completed _____ |
| _____ |

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