

My Goal Plan

Based on the goal you wrote down on the “Taking on a New Challenge” handout, write down at least two things you plan to do each week (even if it only takes ten minutes!) to help you achieve this goal. Additionally, indicate how (if at all) you feel that your past experiences can help you take the steps to achieve your goal.

	Each week, what steps do you plan to take to achieve this goal?	Is there something that you learned from past experiences that can help you accomplish the goal? If so, add it here.
Week 1		
Week 2		
Week 3		
Week 4		

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