

NAME

DATE

MY DREAM/GOAL

BE SPECIFIC! MAKE IT MEASURABLE! IS IT
ATTAINABLE? IS IT REALLY WHAT YOU
WANT? MAKE IT TIME BASED!

1. I Will:

BY (DATE):

2. WRITE THE STEPS NEEDED TO REACH YOUR DREAM!

2A. UTILIZE SUBSTEPS IF NEEDED

☐ STEP 1

SUBSTEPS?

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☐

☐ STEP 2

SUBSTEPS?

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☐

☐ STEP 3

SUBSTEPS?

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☐