

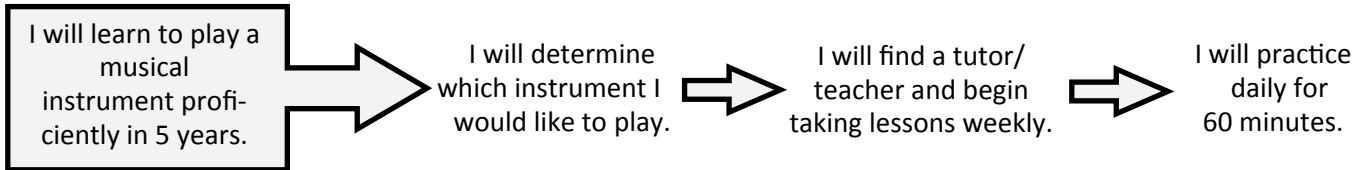


Action for Goals

Name: _____

Goals need plans of action. When you set a goal, you often have to set many smaller goals which are the action steps to reach the overall goal. This exercise helps you determine the mini goals or action steps needed to reach the main goal.

See example below first and then complete the exercise.



In each box below, state a goal that is important to you and then identify the mini goals/action statements needed.

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