

## 2018 Goal Setting

1. Two school goals
2. Two family goals
3. Two friends goals
4. One personal goal

\*If you want to change the number of each that's fine, but I'd like you to address each of these at least once.

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### For Each Goal:

1. Detailed account of the goal.
2. Why it's important to you.
3. How is it both achievable and still challenging?
4. How will it improve your quality of life?
5. How will you measure your level of success?