## **Goal Setting**

Name:		Date:	
My strengths are			
An area I need to work on is			
My goal is			
To help me meet my goal I will			
Remember, your goal should be	e <b>S</b> pecific		
	<b>M</b> easurable		
	<b>A</b> ttainable		
	Realistic		

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**T**imely