

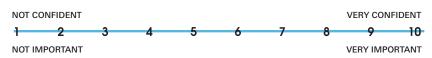


Goal Setting: Weekly Changes

Plan SMART goals-Specific, Measurable, Attainable, Relevant, Timely.

Long-Term Goal	Write down one goal you would like to achieve in the next 6–12 months.			
		Importance	Confidence	Date Achieved

Use the scale below to rate how important the change is and how confident you feel in achieving your goal.



Note: If your ranking is less than 6, rewrite your goal so it is more doable.

Small, Healthy Changes	Each week, write down one new, small change that helps you meet your long-term
	goal. Include action steps—little reminders to help you stick to your goal.

Date		Importance	Confidence	Date Achieved
	Goal	-		
	Action Step			
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Goal Setting: Weekly Changes

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