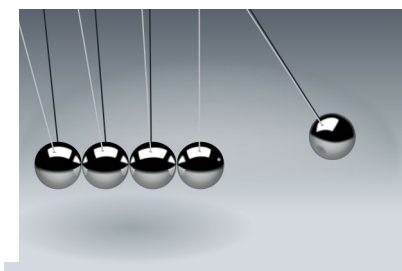




# GOAL SETTING

## MODULE 1: GOAL SETTING BASICS ABOUT GOAL SETTING

Action Steps... Getting  
closer to reach my  
goal



## ACTION STEP

I am a winner and here is the proof:

A time when I succeeded at doing something \_\_\_\_\_

I succeeded because:

I know that moment meant a lot to me because it made me feel:

This moment will help me reach my goals because:

Even if this moment seems small to some people, looking back I feel that: