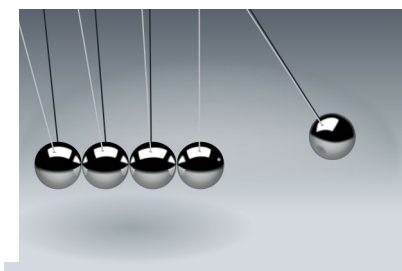




GOAL SETTING

MODULE 1: GOAL SETTING BASICS
INTRODUCTION—JOURNAL-NOTES

Action Steps... Getting
closer to reach my
goal



ACTION STEP

Today's date:

My first journal entry is about: _____

Feelings about starting this course:

Expectations for this course:

I will make a commitment and dedicate _____ hours a week for this course.

As my first journal entry, I hope to...

I know that I can maintain my journal online at.
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