My goals and plans

**My goal is…**

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**This goal is important to me because…**

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**Plan of action**

**How can I achieve my goal?**

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**What exactly am I going to do (e.g. today or this week) to achieve my goal?**

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**When do I do these things?**

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**Where do I do these things?**

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**...................................................................................................................**

**With whom?**

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Problem Solving

Possible problems I might face:

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Possible solutions to try to overcome the barriers / problems are:

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The best solution to start working on, is:

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Possible solutions to try to overcome the barriers/problems are:

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