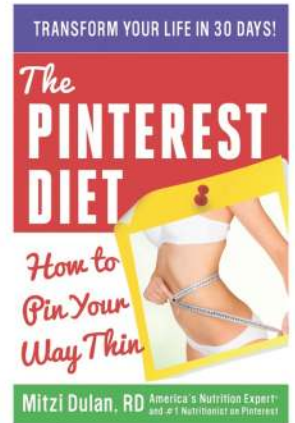


My Goal Sheet

Remember, be as specific as possible.
For example, by June 1st, 2014 I want to weigh 135 pounds.



My Short Term Goals:

My Long Term Goals:

My Action Plan

My Action Plan to Achieve My Goals:

The 3 things I will start doing immediately are:

1. _____
2. _____
3. _____

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