



## My Goals for \_\_\_\_\_.

### **GOAL # 1:**

My reward when I achieve this will be...

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What will I *feel and experience* from achieving this goal...

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### **GOAL # 2:**

My reward when I achieve this will be....

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What will I *feel and experience* from achieving this goal...

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### **GOAL # 3:**

My reward when I achieve this will be....

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What will I *feel and experience* from achieving this goal...

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_