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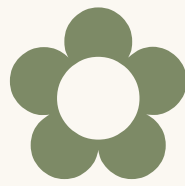
YOUR FREE PRINTABLE

New Year goal-setting worksheet



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NEW YEAR GOALS

goal worksheet

Goal 1 · _____ Why it matters: _____

Specific target · _____ By: _____

Trigger · After I _____, I will _____ (implementation intention)

Goal 2 · _____ Why it matters: _____

Specific target · _____ By: _____

Goal 3 · _____ Why it matters: _____

Review dates · 30 days: _____ 90 days: _____ 6 months: _____

THE GOAL WITHOUT A TRIGGER IS A
WISH · ADD THE TRIGGER

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