CREATING REALITY: MY GOALS

| | My goal is: |
|--------------------------------|-----------------------------------|
| S top | |
| Look | |
| Listen | |
| Feel | Why is this goal important to me? |
| Identify | |
| | |
| How will this change me? | |
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| What steps will I take? | |
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| | |
| Future answer: What did I lear | n about myself? |
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