## **SHORT-TERM GOALS**

Date Set	Date Accomplished	
Goal		
·		
Date Set	Date Accomplished	
Cool		
	Date Accomplished	
Goal		
-		
Reward**		-
LONG-TERM GOA	LS	
Goal		
-		
Reward!		
<u>}</u>		

<sup>\*</sup> Make several copies of this page to keep track of your goals and accomplishments.

<sup>\*\*</sup> Don't forget to reward yourself for a job well-done!