Goal Plannın <sub></sub>	g Sneet				
Goal		Us	Use one sheet per goal		
Rewards		Today's Da	Today's Date		
\$		Target Dat	Target Date		
•		Affirmation	Affirmations		
Consequence	S	0	0		
\$		2	2		
•		8	8		
Obstacle	Solutions	Steps	Delegate to	Date	



## **Goal Planning Sheet**

Goal

Use one sheet per goal

Obstacle	Solutions	Steps	Delegate to	Date

