What is my goal for 6 months from now?
How do I want to learn and grow?

Why did I choose this goal?

I will take these 5 steps toward my goal.

1. 
2. 
3. 
4. 
5. 

These are my strengths.

This might be a challenge.

This is what I need to get started.

This is what I’ll do if I feel like quitting.

This is how I’ll ask for help if I need it.

This is how I’ll know I got there.

This is how I will check my progress each week.