

# **Life Education and Personal Development**

## **Intentional Living Strategies**

### **Goal Setting Workbook**

#### **Session 5**

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Website [www.mindsetsuccess.com.au](http://www.mindsetsuccess.com.au)

## Achieving Success

Goal needs to be:

1. Stated in the Positive
2. Positive in tone
3. Simple/Stated in sentence form
4. Believable
5. Measurable
6. In the present tense
7. Rewarding
8. See an image/picture

Goal

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ONE SENTENCE

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By what date: \_\_\_\_\_

Picture

## Benefits

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## Obstacles

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## Thinking

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## Feeling

[illegible]

## Action

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