

# SETTING GOALS

Goals 1. \_\_\_\_\_  
2. \_\_\_\_\_

## KEEP

List 2 or 3 things I am currently doing well and should continue doing.

- 1.
- 2.
- 3.

## START

List 2 or 3 things that would be beneficial for me to start doing.

- 1.
- 2.
- 3.

## STOP

List 2 or 3 things that are not working, ineffective, or distracting me from achieving my goal.

- 1.
- 2.
- 3.