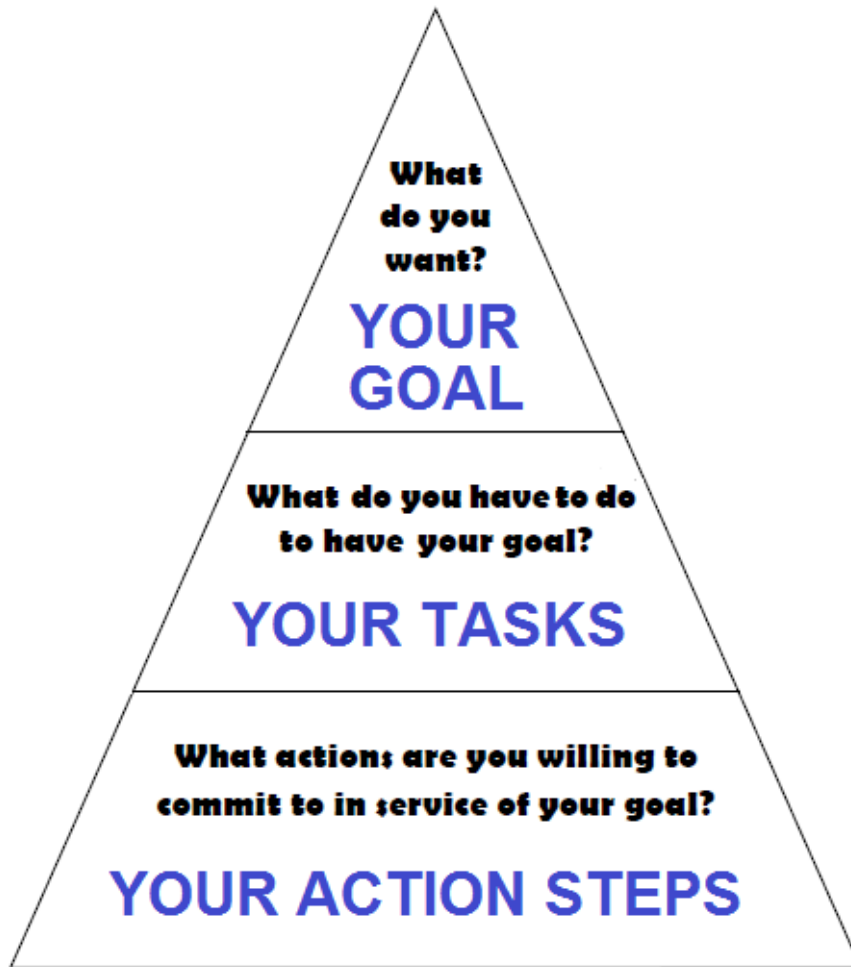


# ANATOMY OF A GOAL



**YOUR GOAL:**

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**List 3 TASKS for every GOAL:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



**List 3 ACTION STEPS for each TASK:**

1. \_\_\_\_\_ 1. \_\_\_\_\_ 1. \_\_\_\_\_

2. \_\_\_\_\_ 2. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 3. \_\_\_\_\_ 3. \_\_\_\_\_