

30 DAY GOAL

GOAL FOR THE MONTH	BUILD TRUST AND CONFIDENCE
	START: _____
	FINISH: _____

IDEAS

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MEASURE OF SUCCESS:

RESOURCES:

ACTION STEPS

1. _____ ○

2. _____ ○

3. _____ ○

4. _____ ○

5. _____ ○

NOTES:

60 DAY GOAL

GOAL FOR THE MONTH	BECOME COMFORTABLE MANAGING CHANGE
	START: _____
	FINISH: _____

IDEAS

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MEASURE OF SUCCESS:

RESOURCES:

ACTION STEPS

1. _____ ○

2. _____ ○

3. _____ ○

4. _____ ○

5. _____ ○

NOTES:

90 DAY GOAL

GOAL FOR THE MONTH	COPE WITH MANAGEMENT STRESS
	START: _____
	FINISH: _____

IDEAS

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MEASURE OF SUCCESS:

RESOURCES:

ACTION STEPS

1. _____ ○

2. _____ ○

3. _____ ○

4. _____ ○

5. _____ ○

NOTES:
