

# ★ Goal Setting Intention Guide

**Goal:**

**Why I want this**

**Complete By:**

**Action steps to achieve it**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Motivation**

**What's in my way**

**What will it feel like to reach your goal?**