

WORKSHEET FOR GOAL SETTING

No	STEP TITLE	ACTION PLAN
11.	Make a list of everything you will have to do to achieve your goal.	
12.	Do something every day to achieve it.	
13.	Keep track of your progress. (Frequent Review and Re-assessment)	
14	Complete this worksheet and post it on your wall. Look at it daily. Spend at least 10 minutes each morning planning. Fill out your daily To Do List. Take the action steps necessary to reach your goals. Making a regular habit of reviewing your goals and taking action on a daily basis, you'll be better able to achieve them	

Stop Smoking Reach Your Goal Action System

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Stop Smoking Reach Your Goal Action System:

Fuel your quest for knowledge with is thought-provoking masterpiece, Explore **Stop Smoking Reach Your Goal Action System** . This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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