

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

Lei Shi



Stop Smoking Reach Your Goal Action System:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Stop Smoking Reach Your Goal Action System** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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