Name: _____ Date: _____

Goals

K K Q O L H U N U V S A B T T J S D V Y L Y U B
E Q X M I X Z X F V E X T N P N E C G I P T I Y
O V L O N B A F Q Z P L Z G T Y M D W I S I P L
K Z C G N I V L O S M E L B O R P S A J Y V T E
O A E J E Z F W S Y R O M E M X C J J S U I C M
W A Z T W R V U T E O I O E W L B G R V S T S I
R E L A X A T I O N C N E X S V U M A L I A I T
P F F S J M P M W E T K D Y C I T S I L A E R H
R R A A F Q M V E R E N G A G E M E N T V R W P
A B Z L K L Q B Z G W Q L S W V A Y G T G C C B
N F E Y U F X A C Y Q P Q X Q L P X O Y O E O K
O Q Q F E L B A N I A T T A J M O S M F U T C P
I S Q V V A V T H H F G D R M K B D X N Y F N S
T S X I K L Z T H F M E A S U R A B L E Y P E G
A E X N M W K E A U C A A C D A R W I B C N I S
R N B T C Y D N L H W S Z E G K N A N L S W M K
T T I J I A H T F H Z M G P E H M G W M C J N I
N R F G F M D I G N O I Y U R Q Q K V W A L F J
E E M O I S D O V J I F O C U S F K V B H Z W Q
C L C I C W A N S R N O I T A N I D R O O C K T
N A H B E R E T E N T I O N W P D V M G V H M H
O G L L P N M A G R P K B S W W O A W T K N D Z
C B C N S R R G N H K U J G F I V P I V R S P K
W X G B Y Y M X B J Z G V X Z A O W A R O X K D

Problem solving
measurable
realistic
specific
Focus
concentration
engagement
retention
timely
coordination
creativity
alertness
energy
attainable
Relaxation
attention
Memory

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