

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Intro to Goal Setting

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

action plan  
attainable  
motivate  
achieve  
dreams

time frame  
objective  
specific  
success  
focus

measurable  
direction  
outcomes  
purpose  
goals