

Setting Goals

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

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|-------------------|--------------|------------|------------|
| Positive attitude | Accomplished | Short term | Motivation |
| Accomplish | Obtainable | Long term | Identify |
| Timeline | Specific | Results | Believe |
| Written | Verbal | Method | Action |
| Reach | Steps | List | |