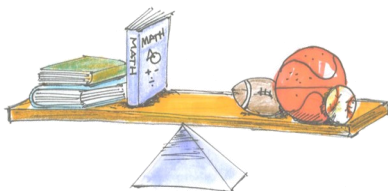


Goals I will accomplish...

In order to achieve a healthy balance in your life, create a long-term goal for school, for your health, and for something outside of school. Reevaluate these goals at the beginning of each quarter/semester.



Remember the key to achieving your goals is to
TAKE ACTION!

goal

school goal

1

goal

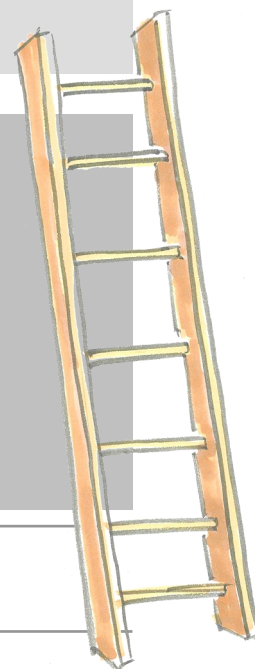
health/physical fitness goal

2

goal

"something outside of school" goal

3



Post this page someplace where you will see it everyday.
Use these long-term goals to help you determine your weekly goals.

© 2011, Susan Kruger. Permission is granted to reproduce this page for personal use only.