Goals Project

\*\*\* 5 short term goals (accomplished in 12 months or less)

\*\*\* 5 long term goals

\*\*\* pick your favorite long term goal (make sure it’s realistic)

\*\*\* create detailed plan for favorite long term goal (stepping stones toward goal)

\*\*\* How will this change your current lifestyle? Are there any benefits/consequences to the change?