

**MY CANDO GOAL**



My aspiration for myself is:

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

Is my goal:	(check)
<b>C</b> lear?	
<b>A</b> ppropriate?	
<b>N</b> umerical?	
<b>D</b> oable?	
(with) <b>O</b> bstacles Considered?	


Doable Steps:

 1. \_\_\_\_\_


\_\_\_\_\_

 2. \_\_\_\_\_

\_\_\_\_\_

 3. \_\_\_\_\_

\_\_\_\_\_

 4. \_\_\_\_\_

\_\_\_\_\_


Potential Obstacles:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Steps to overcome them:



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_