


MY CANDO GOAL





My aspiration for myself is:


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

Doable Steps:

 1. _____

 2. _____

 3. _____

 4. _____

Potential Obstacles:

1. _____

2. _____

3. _____

Steps to overcome them:

