

Dealing with the Barriers:

List 2 or 3 habits that prevent you from reaching your goal:

Write a goal to stop one of these bad habits, be sure to write the goal positively and make it a 👍 SMART goal (***S**pecific, **M**anageable, **A**ttainable, **R**ealistic, **T**imely*)

What might prevent you from realizing the above goal?

What will you do to ensure you reach the goal?

Who can help you with your goal and why? _____

List 3 things that will help you reach this goal:
