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10 GOALS TO REACH IN THE NEXT 90 DAYS

What are the goals you most want to set for yourself for the next 90 days?

Please select only those goals that you really want, not the ones you should, could, ought, or might want.

Look deep inside, write down your 10 personal and professional goals, and discuss these with your coach. When you set the right goals for yourself, you should feel excited, a little nervous, and ready and willing to go for them!

Don't select the goals you historically have chosen but never reached, unless you're in a much better position to reach them now.

Start Date	Finish Date	The SMART Goal	Completed
		1.	
		2.	
		3.	
		4.	
		5.	
		6.	
		7.	
		8.	
		9.	
		10.	

Please develop a three-step action plan / strategy for each goal and fine-tune this with your coach.

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What are the personal or professional benefits to you of accomplishing these goals?
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

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