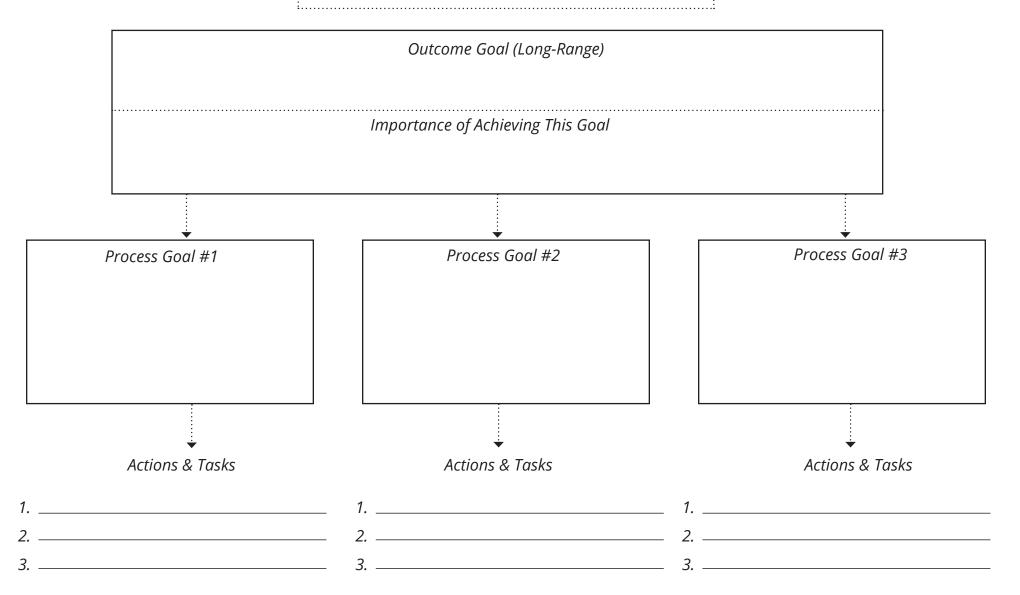
Goal Mapping

Process Goal: sub-goal that will help me achieve the outcome goal **Actions & Tasks:** actions to take to achieve the process goal



What obstacles might keep you fro	m obtaining your goals?	
What resources will help you overc	ome these obstacles?	
What skills do you need to master	to achieve your goals?	
How and from whom can you learn	າ these skills?	
What habits do you want to change	e and learn to achieve your goals?	
Habits to <i>unlearn</i> :	Habits to <i>learn:</i>	
Who will keep you accountable?		
What is your timeline for getting st	arted? When will you assess your progress?	