

Lesson 10

Take time to write down some short-term and long-term goals for yourself.
Make sure they are specific and measurable

Daily Goals:

- 1.
- 2.
- 3.

3-6 months from now:

- 1.
- 2.
- 3.

One year from now

- 1.
- 2.
- 3.

3-5 years from now

- 1.
- 2.
- 3.

Long-term goals

- 1.
- 2.
- 3.

Bucket List: Once in a lifetime goal.

- 1.
- 2.
- 3.