

Name:

# Goal Setting Habits

Area	Strength	Area to Improve
<b><u>Motivation</u></b> The ability to stay motivated to reach desirable goals.		
<b><u>Avoid Procrastination:</u></b> Not putting things off that need to be done despite not feeling like it.		
<b><u>Persistence:</u></b> Remain focused and persist despite encountering obstacles or barriers.		
<b><u>Decision Making:</u></b> I work through decisions responsibly.		
<b><u>Coping with Change</u></b> Coping with change well and not resisting. Being resilient.		
<b><u>Avoid Distraction</u></b> Giving full attention, not easily diverted. Remain driven.		