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| **Goal Setting Planner** |
| **I will CONTINUE**   |  |  | | --- | --- | |  |  | |  |  | |  |  | |  |  | |  |  |   **My main goal this year:**  **I will STOP**   |  |  | | --- | --- | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  |   **I will TRY**   |  |  | | --- | --- | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| source: [www.neworchards.com](https://www.neworchards.com) |