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| **Simple Goal Setting Template** |
| I Will Continue:   |  |  | | --- | --- | |  |  | |  |  | |  |  | |  |  | |  |  |   My main goal this year:  I Will Stop:   |  |  | | --- | --- | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  |   I Will Try:   |  |  | | --- | --- | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| source: [www.neworchards.com](https://www.neworchards.com) |