

EXERCISE 3.2: LIST OF GOALS

Progress rating: 0–10 (Where 0 = no progress and 10 = goal completely reached)

SHORT TERM

- 1 _____
- 2 _____
- 3 _____

MEDIUM TERM

- 1 _____
- 2 _____
- 3 _____

LONG TERM

- 1 _____
- 2 _____
- 3 _____