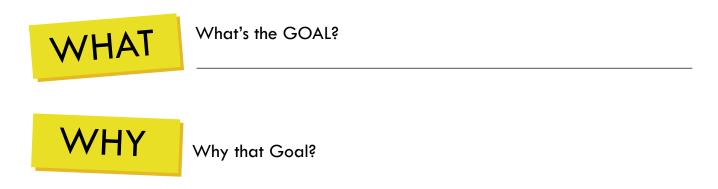
## GOAL MAP!

Are you having trouble reaching your goal? Use this worksheet to help you plan out your goal and see if the benefits are worth the cost and where you might encounter obstacles along the way!

For a reusable experience, place inside a sheet protector and use dry erase markers.



BENEFITS OF DOING	BENEFITS OF NOT DOING
COST OF DOING	COST OF NOT DOING

## OBSTACLES

(what's gonna get in my way and how do I wanna handle it?)

IF	THEN	
IF		
IF	THEN	
IF	THEN	
IF	THEN	