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| **Setting Life Goals** |
| **Category** | **What I’m Doing Well** | **Where I Need Improvement** | **My Goals** | **Steps to Goal** |
| Family |  |  |  |  |
| Friends |  |  |  |  |
| Work/School |  |  |  |  |
| Spirituality |  |  |  |  |
| Body |  |  |  |  |