

Week 12: I Will! Challenge Worksheet

Although this week marks the end of the I Can! Challenge, it also marks the beginning of your next challenge. The challenge that YOU create!

Today's Date: _____

What are your next three short-term goals?

- 1.
- 2.
- 3.

What steps will you take to reach them?

- 1.
- 2.
- 3.

What is your next long-term goal?

What steps should you take in order to achieve your long-term goal?

Using the I Can! Challenge as your guide, create your own I Will! Challenge. Motivation never stops and neither should you! Best of luck!