

# GOALS FOR THIS COURSE

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For each section, write a specific goal and WHY it is important to you

**1**

**MINDSET/AFFIRMATION**

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**4**

**EFFICIENCY**

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**2**

**NO (BOUNDARIES)**

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**5**

**SANCTUARY**

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**3**

**FAMILY**

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**6**

**TIME MANAGEMENT**

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Print and complete or write in your journal.