


**My goal from this session is:**

| Steps I need to take<br><i>(Break these down as small as possible)</i> | Where to get help<br><i>(Friends, internet, books etc)</i> | When will I achieve this step?<br><i>(Set an <b>actual</b> date)</i> | How will I know when I've achieved it?<br><i>(Imagine the result)</i> | What reward will I give myself?<br><i>(Think of something relaxing!)</i> | Done<br> |
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