



SETTING ACHIEVABLE GOALS

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/0/123410452
6"#\$%&'()*+,-.:"\$78*9":*



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: I want to improve my ~~productivity~~ ~~back~~ ~~to~~ ~~work~~ ~~to~~

HOW WILL I MEASURE MY PROGRESS?



!"#\$%&'(')*#+,-&."'''

!"#\$%&'(')*"+0*1'2%3)45"62%*"7 8"
\$%3!"#+(("#+,-"95)*("/0*:5" ; '%3\$5"
/' :&-*"%*<&&-:***"9 '%&-).'''

WHAT ACTION DO I NEED TO
TAKE?

IS THIS
SOMETHING I
CAN
REALISTICALLY
ACHIEVE?

WHAT IS THE TIME FRAME FOR MY GOAL?

!"#\$%&'()*+,-./:;<=>?@A
B C D E F G H I J K L M N O P Q R S T U V W X Y Z



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SOURCES

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