

# Set Your Next Goal

It may be time for you to set a new goal for yourself. Remember, it takes small steps to reach a big goal.

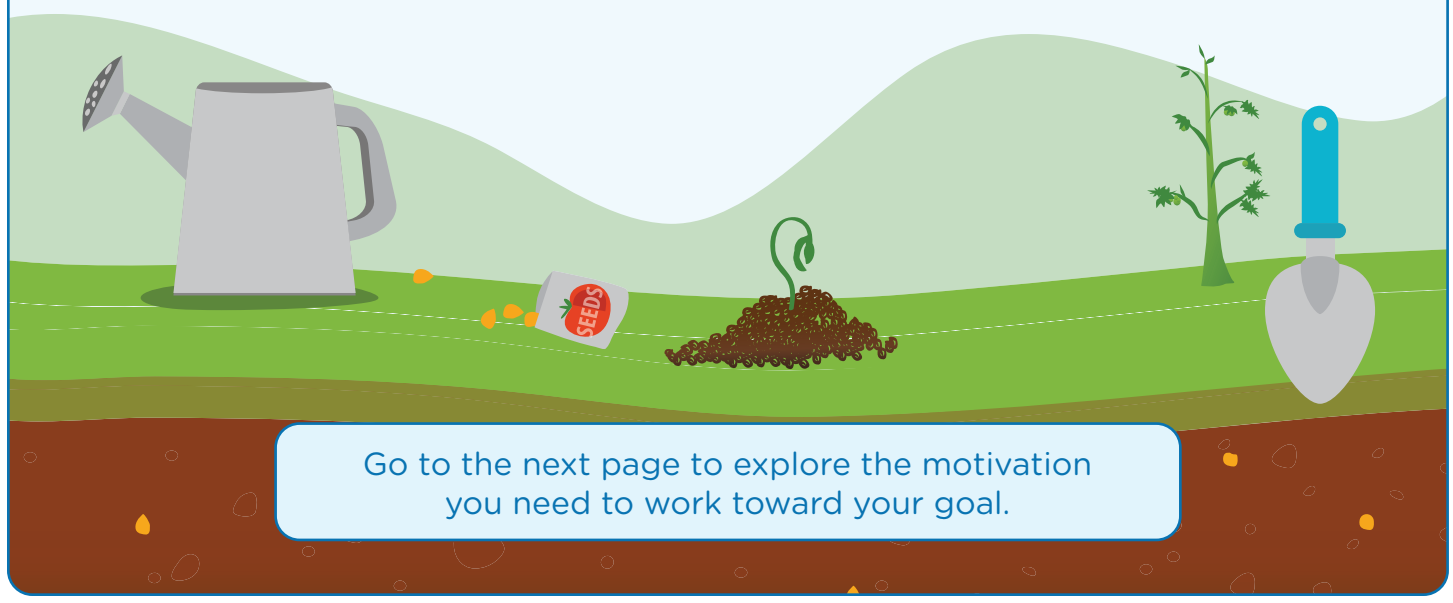
Write down a goal you'd like to reach in the next 3 months. Then, write down 3 small steps you can take to work toward it.

**Goal**

**Small Step**

**Small Step**

**Small Step**

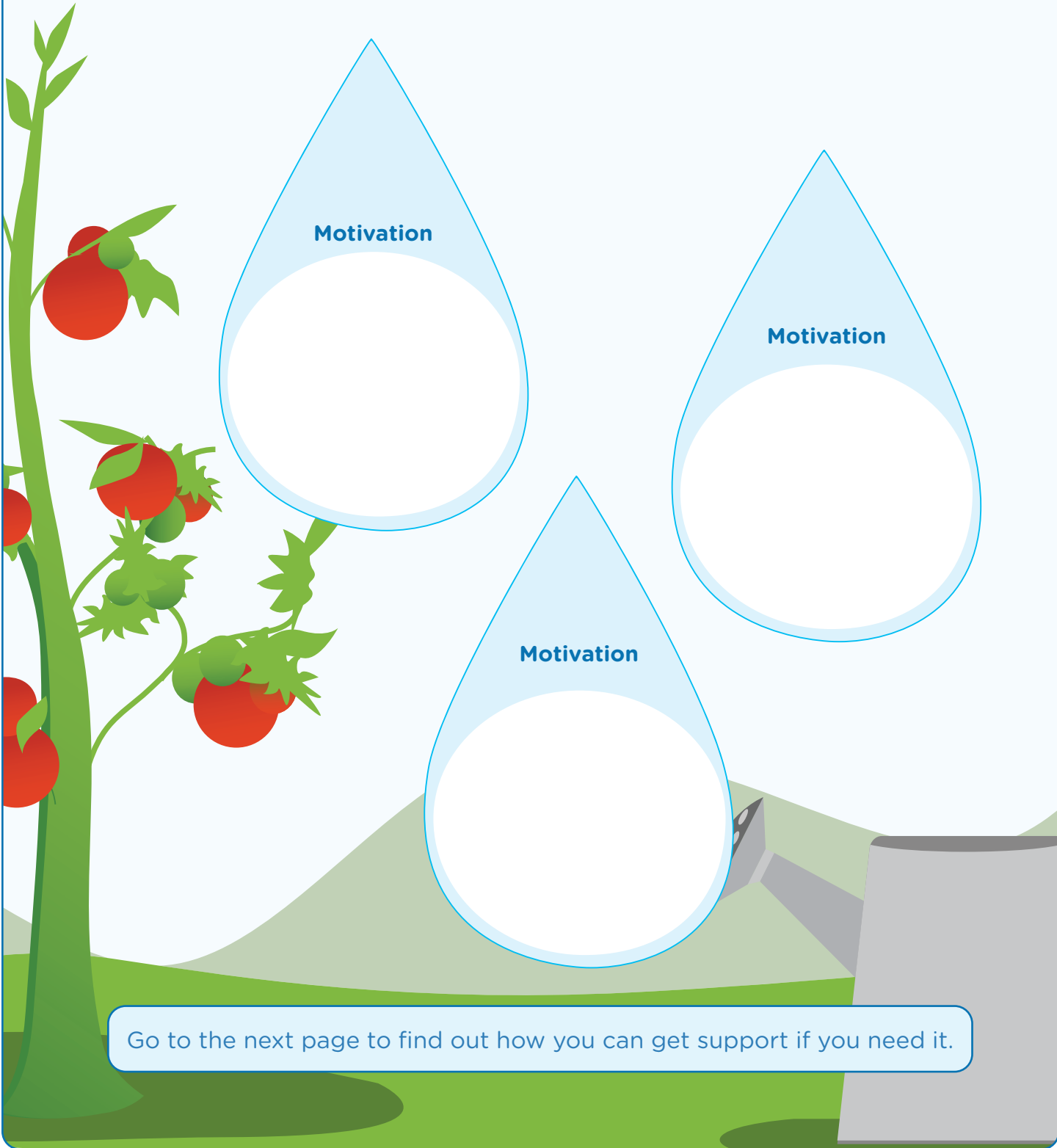


Go to the next page to explore the motivation you need to work toward your goal.

# Find Your Motivation

When you're motivated, you may be more likely to reach your goals. Think about what may keep you working toward a goal, even if it gets difficult.

Write down 3 motivations you want to remember as you work toward your goal.



Go to the next page to find out how you can get support if you need it.

# Seek Out Your Support System

As you work toward your goal, remember that you're not alone. And in fact, reaching your goals may feel more manageable with a little help along the way.

Write down the names of the people who can help you reach your goal and how they can support you.

**My Daughter Jessica**

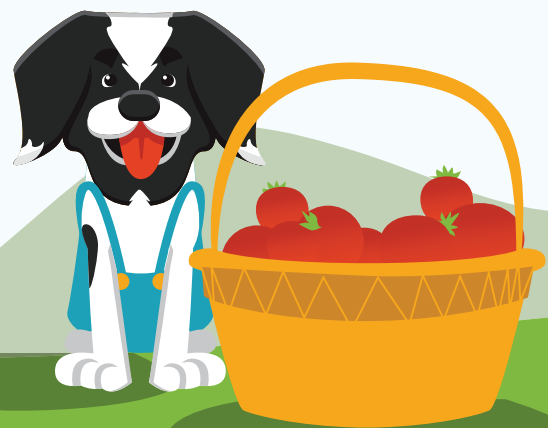
**She drives me to my appointments.**

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.



You have created a plan, found your motivation, and listed the people who can support you. What can you do today to take one step toward your goal?