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| ***Long-Term Goal*** | ***Medium-Term Goal*** | ***Short-Term Goal*** |
| **Goal**: My goal is to: | **Goal**: My goal is to: | **Goal**: My goal is to: |
| **Steps**: To reach my goal, I plan to: | **Steps**: To reach my goal, I plan to: | **Steps**: To reach my goal, I plan to: |
| **Obstacles**: I must watch out for: | **Obstacles**: I must watch out for: | **Obstacles**: I must watch out for: |
| **Knowledge**: This is what I need to learn: | **Knowledge**: This is what I need to learn: | **Knowledge**: This is what I need to learn: |
| **Helpers**: These are the people who can help me: | **Helpers**: These are the people who can help me: | **Helpers**: These are the people who can help me: |
| **Timeline**: I plan to achieve this goal by: | **Timeline**: I plan to achieve this goal by: | **Timeline**: I plan to achieve this goal by: |
| **Reward**: My reward for achieving this goal will be: | **Reward**: My reward for achieving this goal will be: | **Reward**: My reward for achieving this goal will be: |