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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:  |