**Pawsitive Squad Goal Setting Plans**

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| **What do you want to achieve? What is the main problem you want to address?** |  |
| **Where are we at currently?** |  |
| **Create a SMART goal towards what you want to achieve:**   * Specific * Measurable * Achievable * Relevant * Time bound |  |
| **What do you need to achieve your goal?** |  |
| **Training plan:** |  |
| **How confident am I that we can successfully complete the plan? (0 – not at all, 10 very confident)** |  |
| **Review on:** | |
| **Did we achieve this goal?** |  |
| **If yes? How? If no, why not? What do we need to do differently?** |  |