**Describe a specific goal:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Factors** that **Help** me attain my goal | **Factors** that make it a **Challenge** to attain my goal | **Factors** I can **Control** | **Factors** that are **Uncontrollable** |
|  |  |  |  |