

Goal setting

Activity sheet 8-8

Example:

Goal: Make a debt repayment plan	When?
Tasks:	
• List all of my debt information	On Saturday
• Call Visa to see if I can get a lower interest rate	Next Monday
• Look for ways to rework my budget to free up money to pay debts	By the 15th of the month

1. Goal:**Tasks:**

When?

2. Goal:**Tasks:**

When?
