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| **WEEK 2 - GOAL SETTING: The 10-step goal sheet**   |  |  |  | | --- | --- | --- | | Step | Steps to achieving the goal | Confidence rating (0–100%) | | 1 |  |  | | 2 |  |  | | 3 |  |  | | 4 |  |  | | 5 |  |  | | 6 |  |  | | 7 |  |  | | 8 |  |  | | 9 |  |  | | 10 |  |  | |