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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 |  |  |
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