# Setting Goals It's a Parent Life

## MY PRIORITIES

1.

2.

3.

4.

5.

When I feel like giving up, I will tell myself...

GOAL: _____

Action Steps-

1.

2.

3.

DEADLINE:_____

GOAL: _____

Action Steps-

1.

2.

3.

DEADLINE:_____

GOAL: _____

Action Steps-

1.

2.

3.

DEADLINE:_____

GOAL: _____

Action Steps-

1.

2.

3.

DEADLINE:_____

GOAL: _____

Action Steps-

1.

2.

3.

DEADLINE:_____

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FOR ADDITIONAL RESOURCES UNDER I'T'S A PARENT LIFE TAB