



## Edit & Frame: setting goals (meaningful and realistic)

### 1. What we did today (domains discussed)

<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p><b>Notes to remember:</b></p>
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### 2. What I'm working on (setting goals)

Snapshot Domain	Goal	Progress & Small Steps	Who can help?	Resources

### 3. Next Session (new domains to explore or ongoing work)

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