

5W 1H Goals

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Goal:

Who

Who will be completing this goal?

What

What is your goal?
What do you want to achieve?

Where

Where will you complete this goal?

When

When will you start and when will you complete this goal?

Why

Why do you want to achieve this goal?
Why is this goal important?

How

How will you achieve this goal? How will you know when you have achieved your goal?

“I can accept failure, but I can’t accept not trying“
Michael Jordan, Former American Basketball Player