

# CLARITY & FOCUS

Highlights and Goal  
Action Plan



Joseph Battle



# Monthly Highlights

January

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February

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March

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April

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May

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June

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July

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August

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September

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October

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November

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December

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# Problem Discovery

Making Sense Of My Current Situation

Presenting Problem:

Predisposing Factors:

Precipitating Factors:

Perpetuating Factors:

Protective Factors:

# LIFE GOALS

## WORKSHEET

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

PERSONAL GOALS

HEALTH GOALS

CAREER GOALS

FINANCIAL GOALS

SPIRITUAL GOALS

OTHER GOALS

# Goal Action Plan

**Goal:**

**Why:**

**Start Date:**

**End Date:**

**Steps to get there:**

# Reflection Sheet

## Daily Review



What is one thing I  
did today that I'm  
proud of?

How did I handle  
my challenges today?

Was I too hard on  
myself? Why?