

# IMPACT Goals Worksheet

GOAL: \_\_\_\_\_

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| Impossible: Write out specifics of the goal in a detailed action oriented manner |  |
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| Mastery: Skills and knowledge needed to complete the task                        |  |
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| Practice: Routines and time needed for practice                                  |  |
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| Action: Write out the action steps and milestones needed for completion          |  |
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| Coaching: Contact information for mentors  |  |
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| Timeline: Combined milestones and completion times                               |  |
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