

# manage it

session 1  
activity



## Goal Setting

Goals are important. They help us plan for and get the things we want and need. Below you will find a simple chart format to list your short-term goals and long-term goals.

1. Fill in three short-term goals in the chart below.

Short-Term Goals	When	Cost	Savings Plan

1. Fill in three long-term goals in the chart below.

Short-Term Goals	When	Cost	Savings Plan