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## **PACT Goals focus on process**

- **PACT stands for**
  - **Purposeful**
  - **Actionable**
  - **Continuous**
  - **Trackable**

**State your PACT Goal:** \_\_\_\_\_

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### **Purposeful:**

**You are clear on what you want to achieve, and what you want to achieve aligns with your purpose in life. What's Your Purpose?** \_\_\_\_\_

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### **Action:**

**Once you have stated your goal, it is time to act! Action is the only way you will move from where you are today towards what you want to achieve.**

**What are the actions?** \_\_\_\_\_

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### **Continuous:**

**Actions don't stop, they continue. Actions don't have to be grand and significant, they just need to BE. Keep the actions going.**

**How will you keep moving? What obstacles may occur, and how will you overcome them?** \_\_\_\_\_

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### **Trackable:**

**Tracking actions or metrics is the secret sauce to keeping motivated and seeing progress. What actions and metrics can you track to monitor progress and motivate to succeed?** \_\_\_\_\_

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