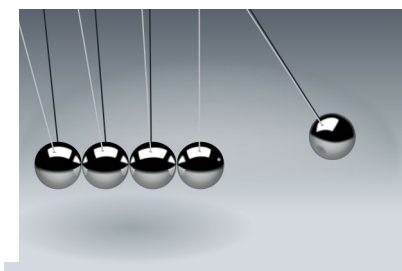




GOAL SETTING

MODULE 1: GOAL SETTING BASICS MOTIVATION

Action Steps... Getting
closer to reach my
goal



ACTION STEP

Ways to be motivated:

Select at least one of the following action steps:

1. Visualization: Create your own visualization by meditating and closing your eyes.

What does that look like? Write it down below:

2: Create your own vision board about what success looks like:

3: Write down what routine changes will get you closer to your goal and how you will make those happen:

ACTION STEP

4. Write down a letter to yourself 5, 10, years from now about what you want to accomplish. For example, you know that in 5 years you want to get your degree. The letter written from the future to the present would start like this:

Dear,

I know you feel overwhelmed, but I want you to know how proud I am for reaching your goal. You have the degree that you have always wanted.... Etc, etc.

Letter to myself: Written from the (past or future):