

GIVE YOUR GOALS POWER, WRITE THEM DOWN

WHAT ARE YOUR GOALS?

WHAT CHALLENGES HAVE YOU ENCOUNTERED WHEN TRYING TO MEET YOUR GOALS?

WHAT IS CAUSING STRESS IN YOUR LIFE?

IDENTIFY RESOURCES TO HELP YOU MEET YOUR GOALS:



KNOW WHERE YOU ARE HEADED

***MAKE A PLAN: KNOW YOUR GOALS, IDENTIFY YOUR CHALLENGES,
GET HELP (YOU DO NOT HAVE TO DO IT ALONE)***