

RE-ASSESSING GOALS

Our expectations, beliefs, and goals change over time. When you begin a process that takes month to achieve, you are changing along with your thoughts. Consider where you are in those thoughts, beliefs, and goals to gain the flexibility to feel good about your journey.

Where do I want to be and/or what goals would I like to achieve over the next period of time?

In three months

In six months

In one year

In five years

What action steps can I take today to move towards these goals?
