

Goal Focus

Wishes are wonderful, they lead to Goals! BUT...Goals stay wishes without intentional focus!

What do YOU want? Write it **BIG** and **BOLD**!

(Don't worry about logistics yet! If you could wave a wand and make something happen for you, what is it?)

How will you **FEEL**, **LOOK**, **BE**, **ACT** and **HAVE**, and **WHERE** will you be, when you get it?

(What does it look like when you have achieved your goal? Be specific! Use words or draw!)

What steps do I need to take?

(List anything that you need to do - or not do - along the path to achieving your goal)

Which step can I take now?