

How to:

Move forward and set some goals

*Key questions to ask yourself
to start living out your dreams*

Move forward and set some goals!

It's time to get honest.

Write down the first thing that comes to your mind
- even if it doesn't make sense -
and *before* the little voice in your head lists all of the reasons
why you *shouldn't* write that answer.

*If you always do what you always did,
you'll always get what you always got.*

If time or money were not an option, what would you create for your life?

How would you feel if you created it?

Move forward and set some goals!

How would your life change if you were able to accomplish this dream?

What is one thing you could do today that is one step closer to this goal?

Where can you find one hour a week to dedicate to this goal?

Who you can ask to be your accountability partner for your goals?