

Goals

Fill the paper with goals, dreams, desires. Honestly, ANYTHING you can dream is worthy of being written down here!! Ideas may include, but are not limited to: family plans, things you want to start doing or stop doing, vacations dreams, business dreams.....

Pick one goal you can complete in THIRTY DAYS

Write a specific goal!

For example: I will have 1,000 followers on my conniecoaching Instagram page by March 31, 2019. I will know I have accomplished my goal because of the number I see on my profile page.

I will _____

by _____. I will know I have accomplished by

goal because_____.

An effective goal must be specific and measurable.

Document your WHY?? Why is this important to you? Why will you stop at nothing to accomplish this impossible goal?