

GOALS

What are your goals?
(write them here)

• Short-term:

• Long-term:

What do you need to achieve them?

Now. What do you need to accomplish those?

What is holding you back?

Strengths

Weaknesses

Nice! use these to your advantage.

F*CK THESE! Turn them into strengths! NO Excuses!

Where/who do you go to for inspo?
(Instagram, books, blogs, podcasts, etc.)

Why? What's the purpose of your goal?
(why is it important to you?)

