

5 Minute Goal Setting

1. What am I happiest and most proud of from the past year?

2. What three things am I committed to achieving this year?

3. Why must I achieve these things?

4. What one powerful habit will move me in that direction?

5. What one thing must I stop doing?

Am I ready to do these things and release my stories, excuses, circumstances and anything else that has been in my way? Yes! No

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