



YOUR FINAL DESTINATION

What is the ONE goal you want to focus on for the next 12 months?

What thoughts come up for you when you think about your Final Destination Goal?

What traits does the future version of you who has reached her Final Destination Goal have?



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What feeling do you want to achieve by reaching your goal?

How can you start feeling that way now?

What do you need to do to achieve your Final Destination Goal?



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How will you know when you reach your Final Destination Goal?

Why is it important to you, that you reach your Final Destination Goal?

(Complete the following:)

Your Final Destination Goal:

The date you will achieve your goal:

Your signature: