

5 Questions To Help Establish Your Goal

What is a **STRENGTH** you would like to leverage more in your life?

1

2

Identify 1-2 **BEHAVIORS** that are not serving you well.

3

What are 1-2 **CHANGES** you would like to see in your life in the next 2 years?

4

Which 1-2 **HABITS** could you adapt in your daily or weekly life that will support this change?

5

Who can hold you **ACCOUNTABLE** for the changes you will be working on?