Kickstart Your Goals

1. Yesterday, you picked three areas you would like to focus on in the New Year. Thinking about those areas, how have things changed in the last 10 years? What successes have you had? What lessons have you learned? What have you accomplished?

IN THE LAST 10 YEARS...

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2. How have things changed in the last 3 years? What successes have you had? What lessons have you learned? What have you accomplished?

IN THE LAST 3 YEARS...

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3. How have things changed in the last 12 months? What successes have you had? What lessons have you learned? What have you accomplished?

IN THE LAST 12 MONTHS...

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4. How have things changed in the last 90 days? What successes have you had? What lessons have you learned? What have you accomplished?

IN THE LAST 90 DAYS...

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You did it! Focusing on the progress you've already made toward your goals over the long term is fuel to your goal setting fire. You should be incredibly proud of your resilience and accomplishments - you are capable, strong, and talented. Your growth is HUGE. I can't wait to see what more you will do in the coming year!

And speaking of the New Year, that's what we're diving into next. Tomorrow, we'll map out a year-long plan you can use to turn all three of these goals you've set for yourself into reality.

See you then!

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