



WHAT DO I WANT TO ACCOMPLISH?

WHAT'S STANDING IN MY WAY?

MY GOAL IS ATTAINABLE. I CAN VISUALIZE MYSELF TAKING THESE LITTLE STEPS DAY BY DAY TO ACCOMPLISH MY GOAL:

1.

2.

3.

IMAGINE MYSELF IN 6 MONTHS, WHEN I AM CLOSER TO ACHIEVING THIS GOAL. HOW DOES IT FEEL TO BE MAKING PROGRESS?

## VISUALIZE MYSELF ONE YEAR FROM NOW. I HAVE ACHIEVED MY GOAL! HOW DOES THAT FEEL?

## WHAT'S ONE THING I CAN DO TODAY TO MOVE TOWARD MY GOAL?

Copyright © 2022 SparkNonprofit | <u>www.SparkNonprofit.com</u>