

5 DAY GOAL SETTING CHALLENGE

DAY #1: LOOK AT WHAT YOU'VE ACHIEVED

I'm not one for dwelling on the past but sometimes it's nice to look back on the previous year and see what we've achieved. So, take a look back, write down 5 things in each section that you've achieved and pat yourself on the back.

Step #1: What have you achieved in the last 30 days?

Step #2: What have you achieved in the last 90 days?

Step #3: What have you achieved in the last year?

