



2022
Goals

2021 Goals



As a reminder, what were my 2021 goals....

What 2021 goals are still serving me that I want to carry over to 2022?

2021 was a really hard year, but now it's time to look forward and set our big, bold and slightly scary 2022 goals. Don't stay in your comfort zone here, use these goals to really drive what you are going to focus on in 2022.

Think Movement, Nourishment and Wellness!

You've Got This!

2022 Goal

My goal is...

What daily/weekly/monthly steps will I take to reach this goal?

How will I stay motivated when it gets hard?

How will I know when I've reached my goal?

Who can I lean on for support to keep me on track?

How will I celebrate when I reach my goal?

Print this off and place it somewhere you'll see it everyday.

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Great Job!

Next week we'll work on finding your WHY, so make sure you are signed up to the **GMacSpurr Coaching VIP mailing list** so you receive the 'Your Why' workbook.

