

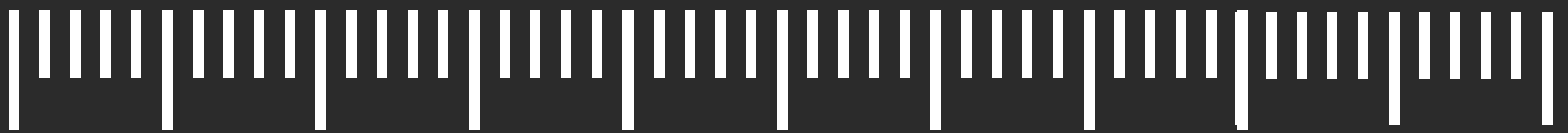
If I imagine achieving my goal, what specifically would be different about my life or how I'd feel?

Realistically, what is the next step I could take towards my goal?

0

5

10



If 10 represents what we've written in the box above, we can mark where we are now & then return to this card regularly & record any progress



*Hoping for change without setting goals is like throwing darts in the dark, hoping for a bullseye*