

LET'S CHECK IN....

Did you have a goal or vision for this year? If so what was it?

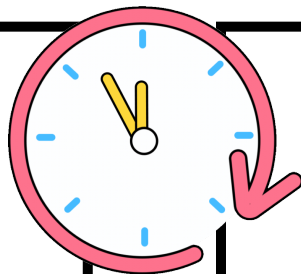
Are you happy with the year so far? Why or why not.

Is there something you want to
change?

Is there something you want to
continue or start?

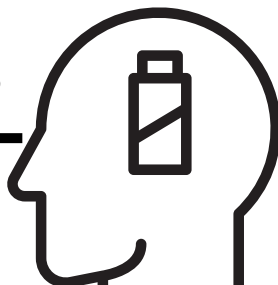
Identify any time leaks

Ideas to plug leaks



Identify any energy leaks

Ideas to plug leaks



**Outline your goals/ mission / vision for the year or next quarter
(whatever you connect with most)**

**Outline everything that will stop you from achieving these goals
(identifying your obstacles will help you to address them)**

**Outline below why this goal or vision is important to you.
How do you need to show up each day to bring this vision
to life? How will you feel when you achieve this goal and
what will it look like?**

