

"When we are no longer able to change a situation -
we are challenged to change ourselves"

Viktor E. Frankl



TOP 3 MAIN GOALS RIGHT NOW

My Great GOAL 1:

Strength I'd like to use

Ideas to move me closer:

order of
potential

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐
6. ☐

Steps I can take to support myself

1.
2.
3.
4.
5.

My Great GOAL 2:

Strength I'd like to use

Ideas to move me closer:

order of
potential

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐
6. ☐

Steps I can take to support myself

1.
2.
3.
4.
5.

My Great GOAL 3:

Strength I'd like to use

Ideas to move me closer:

order of
potential

1. ☐
2. ☐
3. ☐
4. ☐
5. ☐
6. ☐

Steps I can take to support myself

1.
2.
3.
4.
5.