

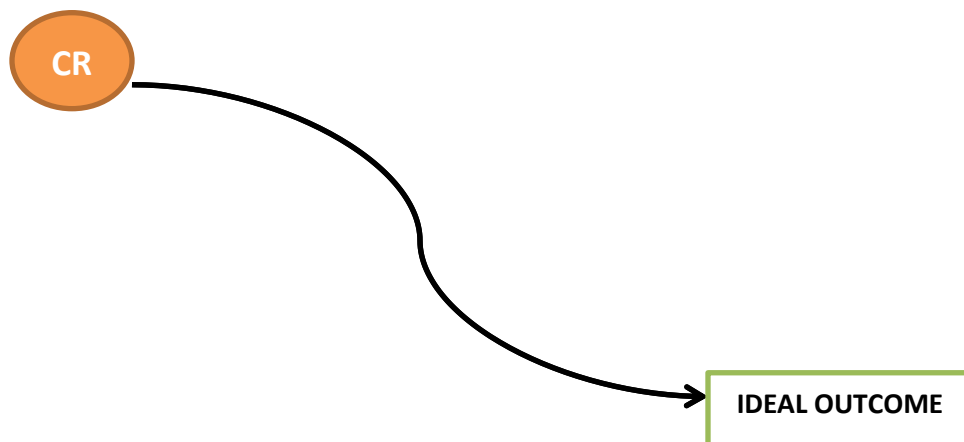


Goal Setting I: Finding Focus

🔥 Wheel of Life self-assessment time: We want to improve our life, thus we want to create new thought patterns for each area.

🔥 In her book *Mindset*, Carol Dweck says we can support ourselves when facing especially difficult change by using the phrase, "...not yet!"

🔥 It is important for us to decide how we want to move from our current reality (CR) to ideal outcomes (Ideal).



Application Question/Activity:

In each area on your Wheel of Life, answer the following as it relates to wanting change:

1. What?
2. Pay Value?
3. Is it connected to my Big Why?
4. What steps do I need to take?