

Goals, Procrastinations & Tolerations



Goals List

Write down ALL the goals running through your head- personal and professional, long-term and short-term. Then highlight your TOP THREE GOALS.

Procrastinations/Tolerations List

List ten things you've been putting off, and are ready to handle with help!

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____