14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 5: Looking Ahead to 12 Months from Now

Now that you've looked back over the last 12 months and have a good idea about who the person is that looks you in the mirror every day it's time to engage in future thinking.

Questions

Imagine it is January 2022, what do you want to be able to say about the twelve months that led up to that moment?

What are your accomplishments?

What do your relationships look like?

How do you show up on a day-to-day basis?

Goal Setting

Once you have that documented, then you can work backward to set your goals.

Looking forward to growing with you!

- Molly K.

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