

KNOW YOUR LIMITS

De-Stress by Goal Setting

Do you have any goals in mind? Are they short term or long term goals? It's easy to make lists of goals in our heads, but we can easily forget them if we don't write them down. Writing them down can help set a reminder of what we would like to achieve.

Importance of Setting Goals

- Helps you to take control of your life
- Helps you get clarity of your end vision
- Creates accountability
- Helps to motivate you
- Helps you to be who you want to be



In your vision book, have the front side with your positive thoughts, goals, and what you would like to achieve. Flip the book, and on the back, write down all of your negative thoughts, objections, and barriers. Compare and contrast the pages to see which seem more rational and which makes you feel more empowered!

Visualize Your Goals

- Vision book
- Vision board
- Journaling

Lots of people can make goals, but only a small percentage follow through. Visualizing your goals is a personal reminder to you of what you would like to achieve – it can help spark some inspiration. It also helps to make sense of your cluttered thoughts in your mind. A vision book can help filter through what is important to you and what you would like to prioritize.



Source: www.evancarmichael.com, www.howlifereallyworks.com