

STEP UP INTO 2021

with your next Year
31-day Goal

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Take the next 3 steps to make your goal be a REALITY.

If you did this, it would be a significant momentum for the start of your year.

1. Look at your last year and ask:

1. What was working?

2. What did not work?

3. What do you want?

NOTE:

- Work on the part of your Life with an opportunity that you want to develop
- Use a specific area
- Be specific about the results - make them SMART goals (Specific, Measureable, Achievable, Results, Time)

2. List the obstacles your mind is telling you.

What that is coming up for you? Your primal brain wants to keep everything the same. To keep feeling comfortable in being uncomfortable. This is where your thoughts come up. Take the time to write down all your objections. This way, you can manage your mind.

3. Think that you have achieved this goal in 31-days...

*Who have you become when you have completed these results.
What are the qualities of your new Identity? Connect to your future self. .*
