

Topic: Goal Setting

Breathe

Take a moment to breathe today and explore goals in a new way. Use this 3 step Goal Setting visualization to reach your goals with joy. Powerful stuff!



Learn

QUESTIONS TO ASK WHEN SETTING FAMILY GOALS

1. What are some of our biggest challenges?
2. What would you like to do better?
3. What have you always wanted to do but were afraid to try?
4. What do you enjoy doing more than anything else?
5. What would you do if you had more free time?

QUESTIONS TO ASK TO HELP ACHIEVE YOUR GOALS

1. What will success look like?
2. What will be the biggest obstacles we face?
3. How will we feel when we achieve our goals?
4. How will we stay focused?
5. What step can we take today to help us be successful?

Move

Get ready for a total-body tone with STRONG by Zumba® — no, this isn't a dance class! It's a high-intensity workout experience where every move is synced to the beat. Here we go!



Grow

GOAL #1

ACTION STEPS

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QUESTIONS TO ASK AFTER 90 DAYS

1. What mistakes were made and how did we learn from them?
2. What did we do well?
3. What did we accomplish that we're proud of?
4. What could be done differently next time to make us even more successful?
5. Do any of the goals we didn't achieve, need to be adjusted?