

EXPAND AND GROW: HOW TO ACHIEVE YOUR GOALS MORE EASILY

IDENTIFY POSSIBLE GOALS

Goal (present tense, as specific as possible)	Why is this goal important to you?

EVALUATE AVAILABLE RESOURCES

What people, resources, information can support you? How can you call on your inner wisdom for support?

LET GO OF WHAT DOESN'T SUPPORT YOUR GOALS

What else might you need to let go of to go for this goal?

TAKING ACTION

Your Action Steps	The Universe's To Do List

KEY TAKEAWAYS

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