

GOAL SETTING

IDEA | PUSHING AHEAD | VICTORY



OUR SERVICES

In these sessions you will learn more about yourself than you ever imagined. We will work together on what your true intentions are for setting goals and evaluate the underlying avoidance. We will uncover the self-sabotaging behavior and open the door for new opportunities. We will look at where your motivation comes from and how to instill it in the goals you set forth.

Together we will review any control issues that lead to forcing situational outcomes and know the limitations of formulating a required skillset. Lastly, we will acknowledge what mental and physical support systems are needed for a successful victory.

In closing, we will review the essential tools needed for continued growth and the plan of action to remaining stable.

TOPIC 01

- Procrastination
- Self-Discipline
- Motivation
- Boundaries
- Time Management

TOPIC 02

- Forcing the Outcome
- Knowing Your Skillset
- Support System

TOPIC 03

- Celebrating Victory
- Continued Growth
- Remaining Stable