

...And Before That?

Sometimes starting at your goal, at what you most want, and working your way back to the present is the way to go. It starts with defining your goal:

I just want to....

I wish I....

I would be so happy if I....

My goal is....

Just before that?

And before that?

And before that?

And before that?

And before that?

And before that?

And before that?

And before that?

And before that?

What are you willing to do today or this week?

