CLARIFYING YOUR GOAL

The first step in creating impactful Transformative Practices is to gain absolute clarity about what you want to achieve.

Brainstorm Your Transformational Goals:

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Now, consider each goal and its importance to you. Reflect on which one resonates most deeply with your values and aspirations.

Write your top goal out below.

My #1 goal is: .....

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Some tips:

- Make your goal measurable and well-defined. This anchors it in reality and establishes a clear finish line.
- Ensure it aligns with your core values and the person you aspire to become. Transformative goals should reflect deep personal meaning.