

6-day

HELENA RADESON

goal
challenge

DAY 1

YES!

It's DAY 1 of the 6-DAY GOAL CHALLENGE, and YOU are here!

You've already started my friend, you're on your way to get where you want to go!

Do you know what your goal is?

What you want to achieve?

Where you want to go?

Day 1 in the GOAL setting challenge is about identifying and writing down your goal.

Day 1 answers the question WHAT (do I want)?

3 questions to ask yourself to figure it out:

1. What do you catch yourself looking at others for and go '...aaaah I wish I...'
2. What one thing would you want different by the start of next year?
3. Wheel of Life Exercise - use the worksheet

Get set on your one goal right now, tomorrow is already Day 2 in the challenge!

And PS if you're having difficulty deciding on or formulating the goal, don't worry, take anything, something easy. Remember that this an exercise, the easier the better. And then, when you've got the hang of it, you can move on the bigger stuff!

Now let your thoughts settle in with you through the rest of today, tomorrow is Day 2 of the 6-day goal challenge!