

6-day

HELENA RADESON

goal
challenge

DAY 3

ALL RIGHT!

Day 3 can be critical for drop out potentials, but not you - You are here! I feel like it's time for a part time celebration, let's do it !!!!!

How are you going to get to your goal?

What are the steps involved?

Which activities lead in the right direction?

Day 3 takes you from the fluffy, floaty clouds of your vision right back down to the streets of reality. We're talking about you creating your roadmap.

Day 3 answers the question HOW (am I going to get there)?

Write down the activities that are going to take you to your goal.

Real things. Actions. Tangible.

Writing freehand, note taking, mind mapping, scribbling is recommended. It makes you open up your creative channels and lets you ideate intensely and without limitation.

Once you feel you've maximised your creative flow, you cut the list down to the top 3-5 activities. Remember: the activities should lead to your goal!

YOUR worksheet is updated to capture your chosen activities.

Once you're settled on your 3-5 activities, make sure they are SMART; specific, measurable, achievable, realistic, timely. You'll find more detail in the SMART goals checklist.

That's it for day 3! Can you see the map leading you to where you want to go?

See you for a game changer in Day 4 tomorrow!