
Q. Do you know exactly what you want out of life? Have you set goals to achieve that?

Q. Do you have someone in your life who will keep you accountable to your goals? _____

ACTION POINTS:

1. Take at least an hour this week to sit down and evaluate, reflect and go through the Week Five questions in the workbook.
2. Seriously consider whether or not your past goals have been too low, and if so, how you can stretch them, and thus stretch yourself. Also, be sure they reflect exactly what you want to achieve in life.
3. Write down three main purposes you have for your time of evaluation and reflection.

4. Write down why you think goal-setting is going to be important to you in accomplishing all you want to accomplish.
5. If you haven't already, download the N.J.W bonus audios on goal-setting and begin listening to them this week

