SETTING GOALS
YOU WILL ACHIEVE
BeautifulFitFree.com

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BEGIN FROM A PLACE OF CONTENTMENT AND LOVE FOR YOURSELF & OTHERS.

Connect your goal to how it will serve those you Love and/or serve your purpose in life.

Ex. Losing weight is awesome if your weight is impacting your health, but then what?

GOAL Example:
Maintain a healthy weight so I can improve my health & energy and give my best to my children -spouse- friends-life calling,.....