

4 questions to frame your 2022 goals.



YEARLY PURPOSE

What is your purpose for this year personally and professionally? What do you believe is the greatest accomplishment you can achieve this year that would bring you enjoyment, abundance, limitless energy and a great sense of gratitude?



PERSONAL THEME

If you had a theme for this year, that would act as your mantra, your True North or a motto, what would it be? What would remind you to step into your potential? What would push you beyond your comfort zone?



NUMBER ONE GOAL

If you could achieve only one goal this year for you to have an extraordinary year, an unbelievably phenomenal year or a year to remember for a decade, what would that goal be for you?



AMPLIFIED ATTITUDE

If you have a pick a mindset that you lived and breathed moment by moment, minute by minute and hour by hour, what attitude would you pick? Don't write down 'be positive!' It is too vague and what does it really mean? Here are six to get you thinking ... **Courageous; Tenacious; Limitless; Empowered; Self-Love; Grateful.**



When the WHY becomes clear, the HOW becomes easy.

