

Hello team and happy Monday!

I hope you had a great weekend and an even better week!

Last week, we began identifying and developing our goals. We started thinking about the changes that we want to make or continue making, the reasons for making these changes, and the steps to complete these changes.

As you consider acting on your goal, it's vital to develop some concrete understanding of why your goal is important. What has the problem area cost you, and what would be the benefits of changing? Your pros and cons could be physical, emotional, social, spiritual, or even financial.

Think about the pros and cons in terms of costs and benefits

My Top Three Costs (What may happen if I don't change)

1. _____
2. _____
3. _____

My Top Three Benefits (What can happen if I do change)

1. _____
2. _____
3. _____

As you look at your lists of costs of not addressing your goal and the benefits of working toward it, consider your top reasons for pursuing your goal.

My Top Three Reasons for Tackling My Goal:

1. _____
2. _____
3. _____

"The changes we dread the most may contain our salvation."

- Barbary Kinsolver

Peace,
Maggie

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