

MOVING FORWARD

“The past is your lesson, the present is your gift, the future is your motivation.”

-unknown

1. What is one positive thing you saw or learned that left an impression on you?

2. Why did this stick out to you?

4. What is your end goal now that you have this knowledge?

3. What can you do to share this knowledge with others? Who will you share it with?

5. What action steps do you need to take to achieve your goal?

6. What obstacles might you encounter when completing your action steps?

7. What will you do to overcome these obstacles?

8. List the benefits of completing your action steps:

9. What is the timeline of your action steps?

10. How will you celebrate your achievements of completing your goal?