

## SET GOALS

- 1.
- 2.
- 3.



## HOW TO HEAL & MOVE FORWARD

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### **Create Goals**

*“One way to keep momentum going is to have constantly greater goals.”*

***One way to overcome the hurt and pain from any situation is by creating new goals. Creating goals for your life will help you stay focused by making positive changes in your life.***

**BRAINSTORM**

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**GOALS**

Zazo Dream  
zazodream.com

**Write down your goals for one month, 3-6 months, one year, and 5 years from now. Try to come up with at least 2-3 goals but aim for as many as you can think of.**

**One Month:**

<b>Example: Exercise 3 times a week</b>

**3-6 Months Goals**

<b>Example: Write an eBook or lose 50 pounds</b>

## 1 Year Goals

<b>Example: Lose 100 pounds or achieve dream job position.</b>

## 5 Year Goals

<b>Example: You can write about your business goals or where you see yourself in five years.</b>

## 10 Year Goals (optional)

<b>Example: You can write about your business goals or where you see yourself or relationship in ten years.</b>