



*Supporting women in holistic practices to grow their business with integrity*

## *What Are Your Goals for the Next 90 Days?*

*Please complete this form, and bring to your first coaching session.*

*What goals or projects would you like to complete in the next 90 days? Select well-defined and realistic ones that reflect your core values. They can be somewhat challenging but think about what you're attracted to and not what you think "you should do" or what friends or family are telling you. If you want me to hold you accountable for your goals please let me know.*

**List in order of priority**

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- \_\_\_\_\_
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**Be honest with yourself and list what might prevent you from starting on your goals now?**

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- § \_\_\_\_\_

*Best Wishes for Your Success,  
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