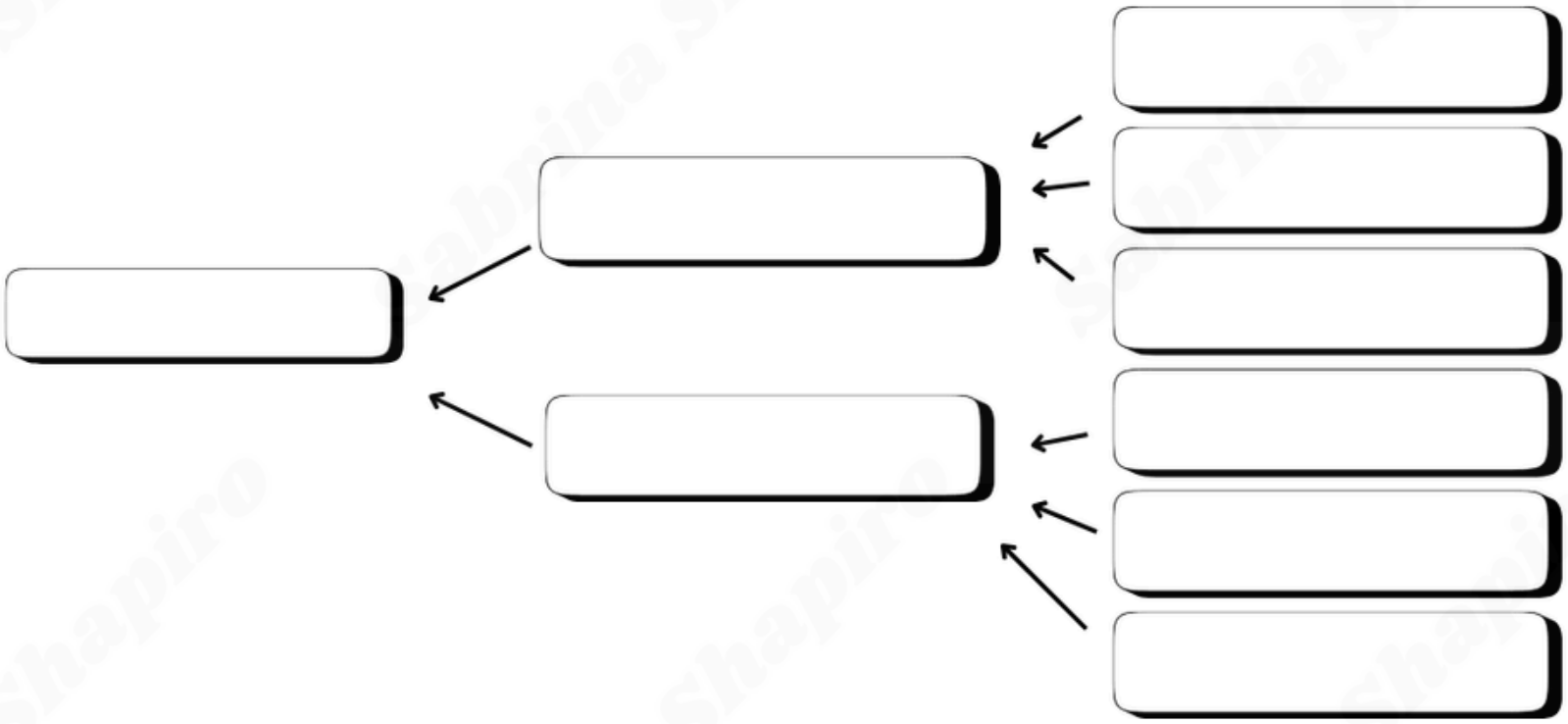
@sabrinashapirompc sabrina@sabrinashapiro.com

# Setting Goals

## Outcome Goals | Performance Goals | Process Goals



How do you plan to achieve your Process Goals? Write out the steps

1.
2.
3.
4.
5.
6.

What are some potential obstacles to your daily practice of process goals? What are some potential solutions?