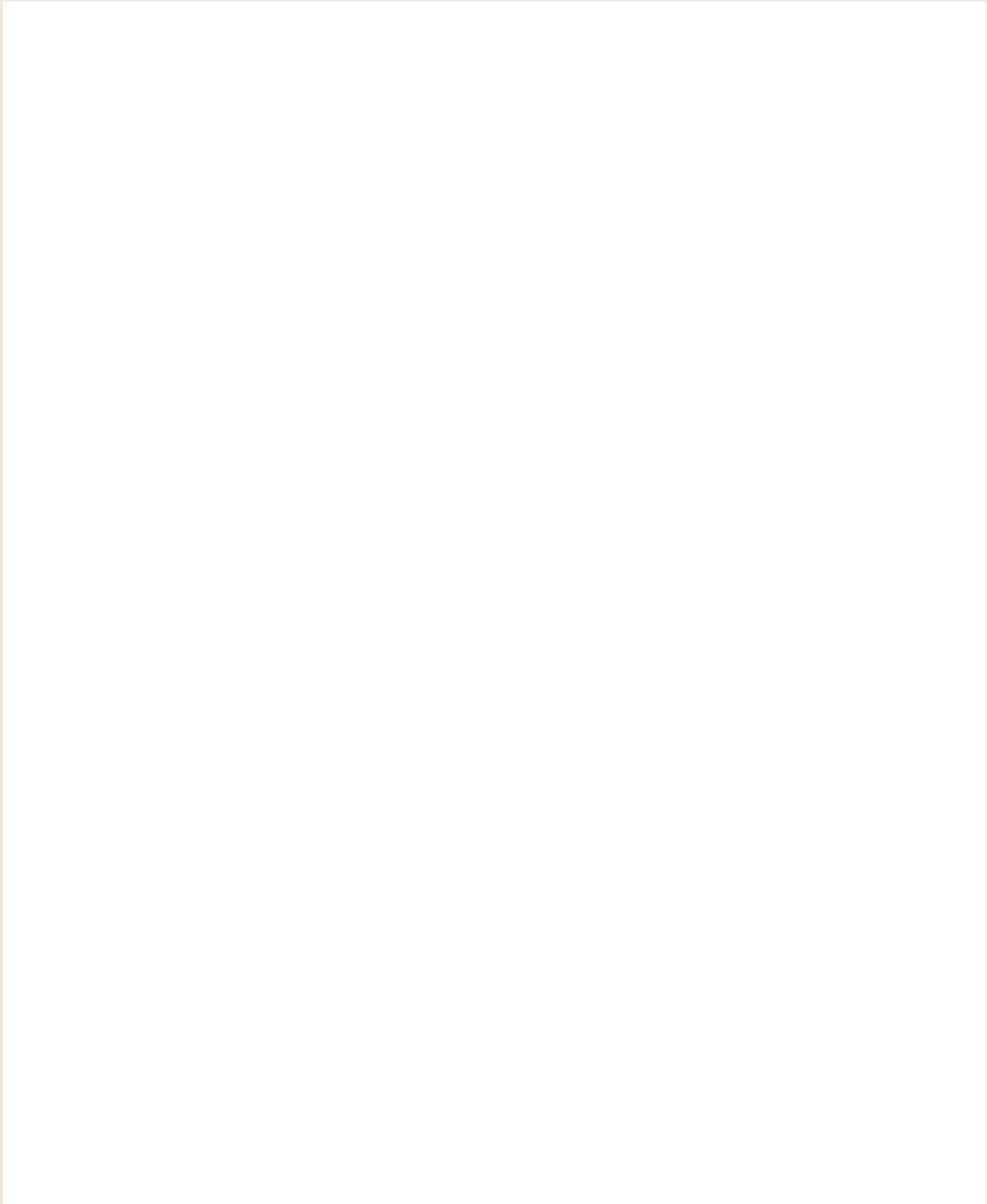


1. ROOT INTO YOUR GOAL

What's the vision you're holding in your mind of where you want to be?

What do you want to achieve, and why do you want to achieve this?

What will be possible when you do? How will your life and work be improved?




2. GROUND INTO HOW YOU'RE ACTUALLY GOING TO MAKE IT HAPPEN

Visualise the mountain in front of you and imagine all of the different check-in points you want to reach along the way as you make your climb to the other side. Fill in as many or as little steps as you need.

Step One




Step Two



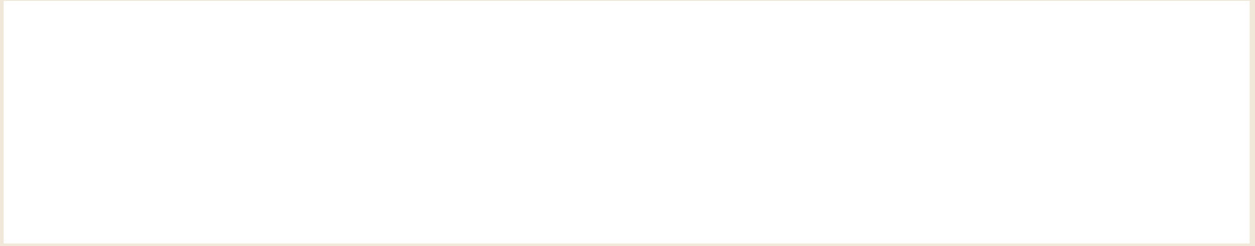
Step Three




Step Four



Step Five



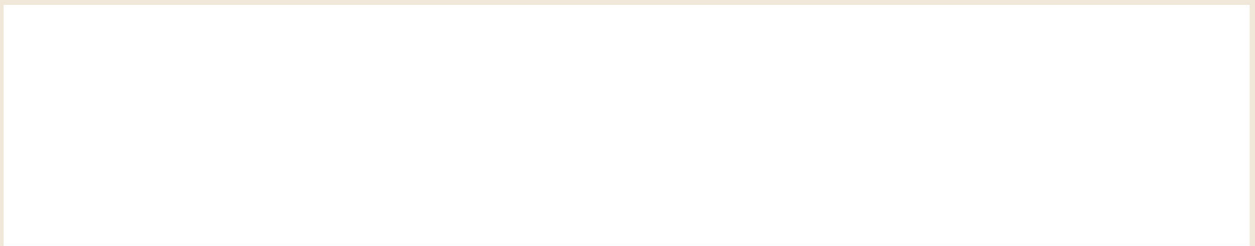
Step Six




Step Seven



Step Eight



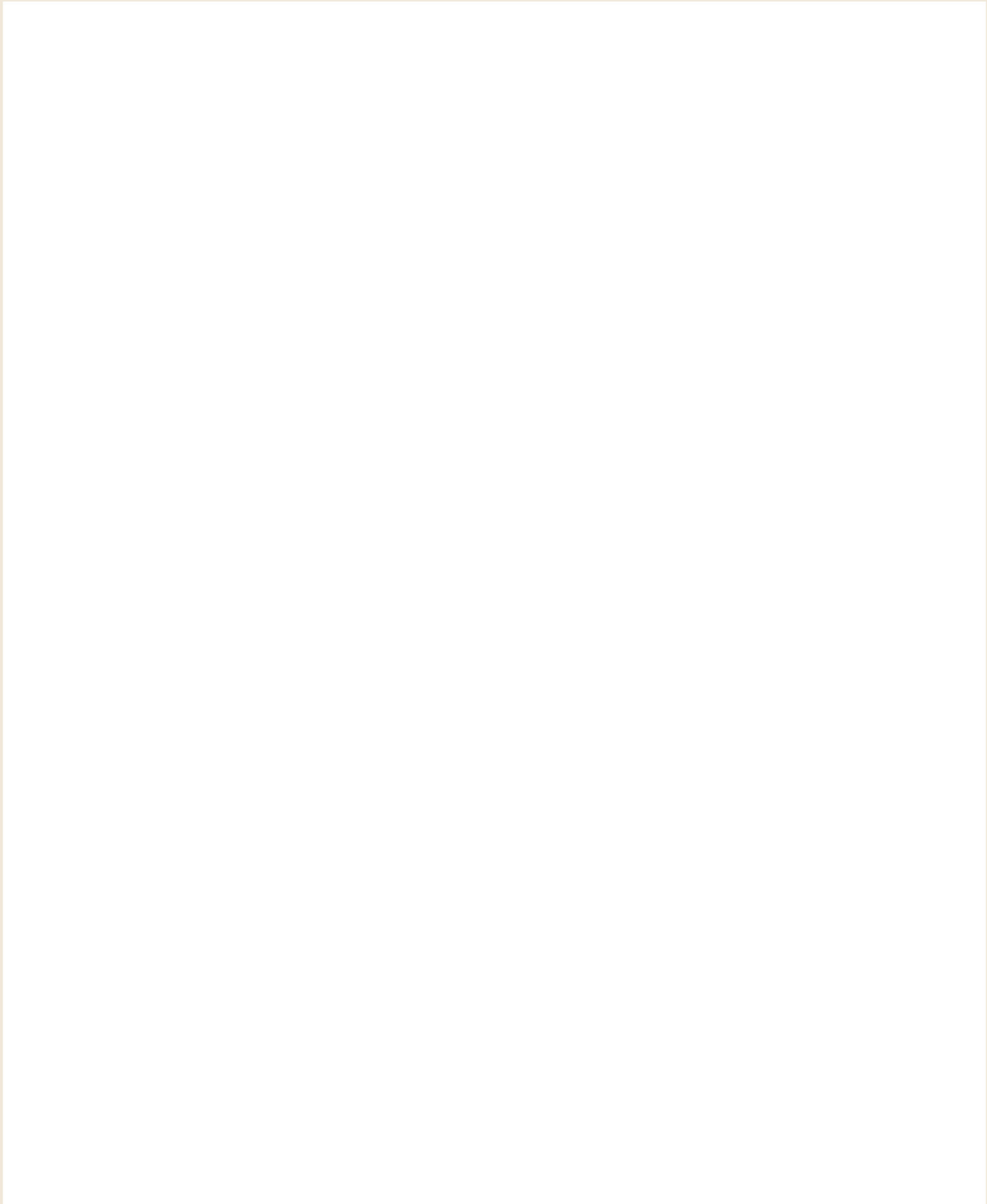
Step Nine



3. HOW DO YOU WANT TO CLIMB THIS MOUNTAIN IN FRONT OF YOU?

How do you want to feel as you make your climb?

What is this journey going to ask of you and how do you want to show up for that? And what aren't you willing to sacrifice or compromise too?



4. HOW DO YOU WANT TO BE PRESENT IN THIS SEASON WHILE PURSUING THIS NEXT GOAL?

What would it look like for you to be present in this season while also honouring the goals that matter to you? How can you soak up all of the joy and meaning that is available to you right now?



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