

1. ROOT INTO THE INTENTIONS AND PRIORITIES THAT ARE GUIDING YOU IN THIS SEASON

What matters most to you in your work and your life right now?

What are you working towards? What are you exploring in your work?



2. IDENTIFY AN OVER-ARCHING WHY

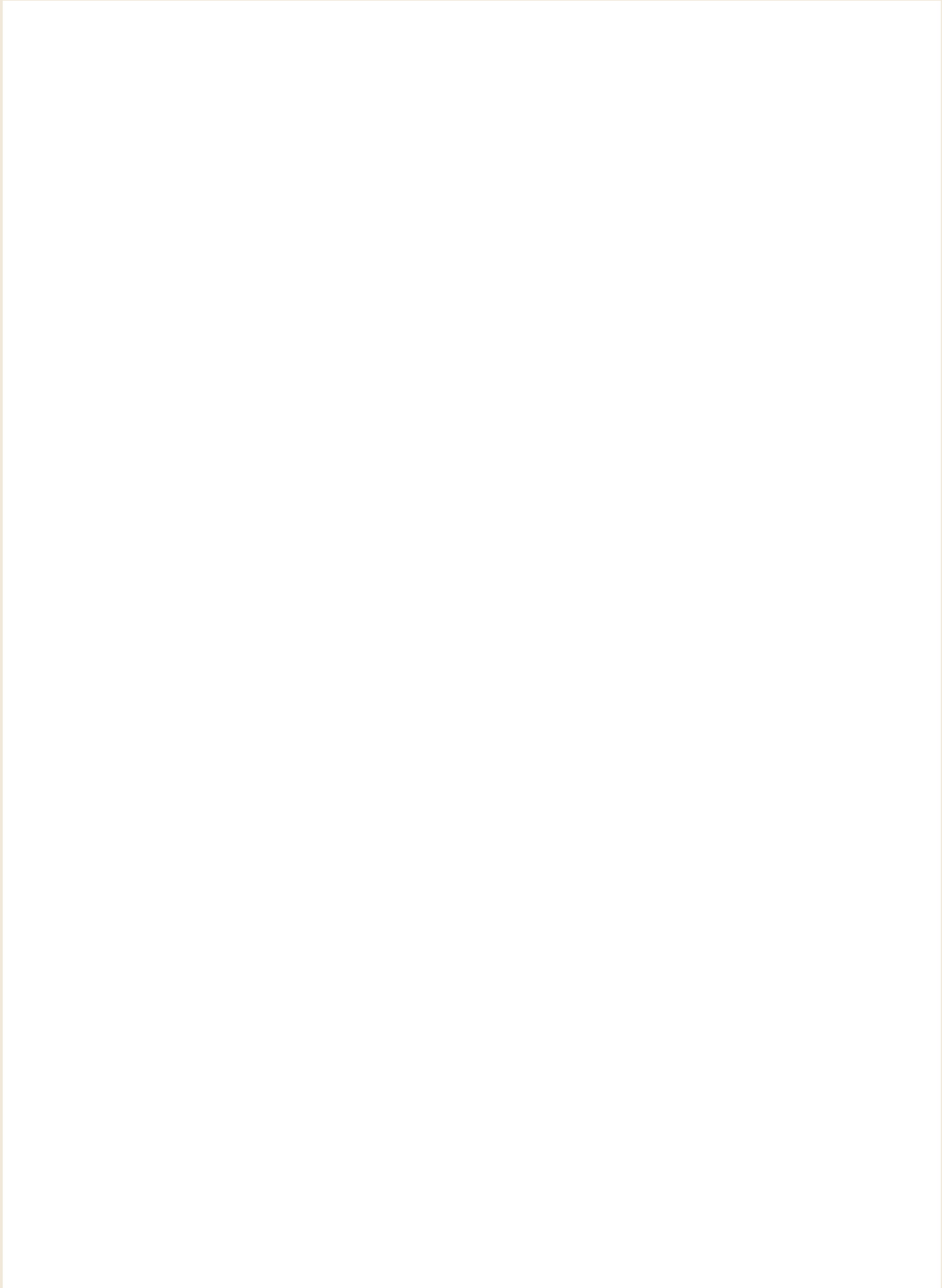
Why are these intentions and priorities important to you in this season? What is the over-arching focus and goal guiding you and these priorities?



3. DRILL THESE INTENTIONS AND PRIORITIES DOWN INTO ACTIONABLE GOALS

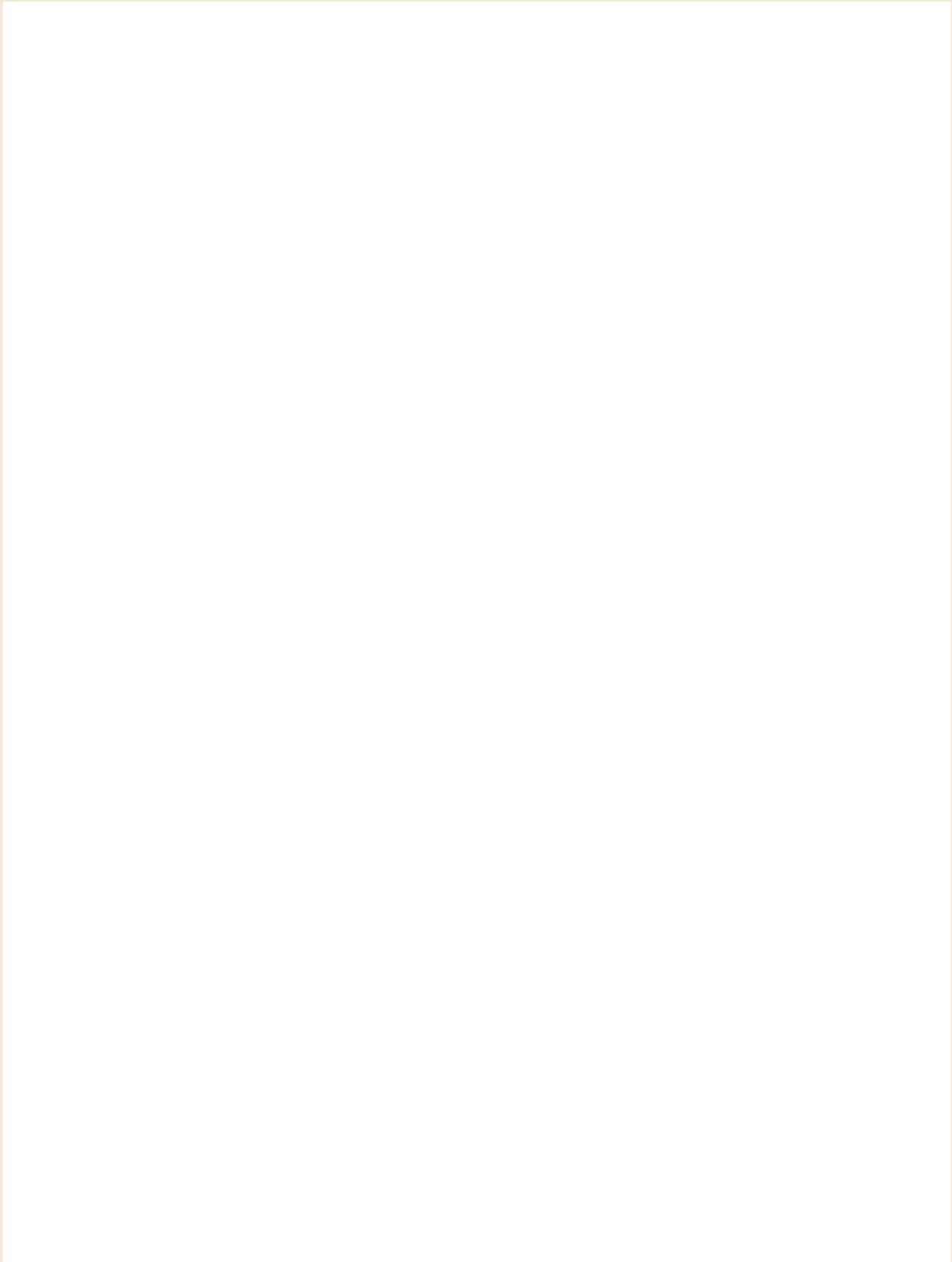


4. HOW CAN YOU EMBRACE A MINDSET OF LET'S SEE WHAT'S POSSIBLE IN THE PURSUIT OF THESE GOALS?



5. WHAT'S THE ACTION YOU WANT TO PRIORITISE IN THIS SEASON?

How can you show up for these goals that matters to you and stay open to the possibilities in front of you too?



All Rights Reserved. Jen Carrington, 2020 ©