

# REFINING GOALS — "FROM OVERWHELMED TO EMPOWERED"

Focus: Simplify and align goals with values  
to create momentum.

REFLECT AND WRITE YOUR ANSWERS TO THE  
FOLLOWING QUESTIONS ON THE NEXT PAGE:

## **Step 1: Choose a Goal to Refine**

Identify one big goal you'd like to work on.

Write your goal in one sentence.

Example: "I want to feel more balanced by  
creating  
a daily self-care routine."



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## **Step 2: Break It Into Small Steps**

Divide your goal into three smaller, actionable  
steps:

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STEP 2: BREAK IT INTO SMALL STEPS

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2.

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3.

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## **Step 3: Align With Your Values**

Reflect:

"How does this goal align with my values?"

"How will achieving this goal positively impact my  
life?"



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## **Step 4: Take Action**

Choose one step to take today.

Reflect:

"What's one action I can take in the next 24 hours  
to get closer to my goal?"

**"Clarity and action lead to momentum.  
Progress comes from consistent, focused effort."**



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