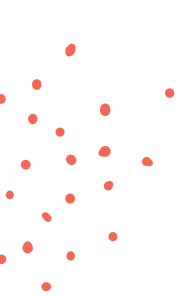




# Your Someday Goal

Listen to the Someday Goal visualization. Jot down what comes up for you below & reflect with the questions on page 2.



# Your Someday Goal

1. What is surprising to you about this ideal day?

2. What personal values are you honoring in your ideal day?

3. What needs to change in order to come closer to this ideal life?

4. What can you start doing today to work towards this ideal life?