

Take your list from yesterday and break it down to the 6 most important goals you want from 2021.

If you feel that some are as equally as important as others, ask yourself - which would your like to achieve first next year and what would make the most difference in your life?

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

**Now…which is the MOST important, just ONE, that you would like to achieve next year?**

**State in the positive and set a date!** I.e. I want to lose weight (negative) I want to be in a size 12 dress (positive) by 29th June 2021.

You can do this for the remaining 5 if you would like but keep focused on the ONE most important goal!