

Gorgeous Goals For Women

CLASS OVERVIEW

Class I | The What?

- ▼ Welcome and Introductions
- ▼ Brief Overview by session
- ▼ Power of Goals Story
- ▼ **Class Exercise:** Body Compass
- ▼ **Homework:** Use the Body Compass. Write down in your lovely notebook an initial list of goals.

Class II | The How?

- ▼ Review Body Compass feedback
- ▼ Goals Overview: Intention + Action
- ▼ Power of Goals Story
- ▼ **Class Exercise:** Turtle One Step
- ▼ **Homework:** Finish filling out the Turtle One Step.

Class III | The Why?

- ▼ Discuss Turtle One Step
- ▼ **Class Exercise:** The Why Story
- ▼ **Homework:** Wheel of Life + use your present.

Class IV | The Who?

- ▼ Review Wheel of Life Homework
- ▼ Who are You?
- ▼ **Class Exercise:** Success Magazine Story
- ▼ **Homework:** Life Purpose Worksheet.

Class V | Beyond My Wildest Dreams

- ▼ Discuss Life Purpose Worksheet
- ▼ **Class Exercise:** Beyond My Wildest Dreams
- ▼ **Homework:** Understanding the Why of our goals.

Class VI | Your Next Steps

- ▼ Sharing of individual final goal plans
- ▼ Celebration



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