MOMS ACHIEVING PURPOSE ACADEMY

90 - DAY GOAL SETTING COURSE

YOUR WINNING GUIDE TO SETTING & SMASHING YOUR GOALS IN 90 DAYS

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WELCOME

Welcome to the 90-day Goals Challenge. I am pretty excited that you have decided to join this goals challenge.

It is not enough to have good intentions; you must also back that up with a good solid plan.
I believe this is why you have made a decision to join us in this challenge.

With this goal – setting challenge, we will, together, create a plan for how your good intentions will become a reality.

You will set goals that you are passionate about so that you can find the momentum you need to keep following through with accomplishing your goals.

After our first five days, you will get a clear picture of where you are headed and concrete steps to take you there.

You can still smash that goal this year.

What does it matter if the first three quarters of this year was a mess?
What does it even matter if it was amazing?
That's all in the past now. It's time to look ahead.

It's time for you to drill down, take a stand and realize that you can still finish strong this new year.

Glad to be doing life with you,
See you on the other side!

Oluseye Ashiru

HERE IS WHAT WE WILL COVER

YOUR WINNING GUIDE TO SETTING & SMASHING YOUR GOALS

DAY 1
SET YOUR INTENTIONS

DAY 2
MINDSET SHIFT

DAY 3
BREAK IT DOWN

DAY 4
CONSISTENCY ACTION PLAN

DAY 5
MY TRACKING SYSTEM

NEXT STEPS

DAY 1
SET YOUR INTENTIONS