

Goals + Vision

As you work through this course, it's important for you to reflect on your *why*. WHY did you purchase this course? What do you hope to get out of it? Do you have any specific goals for yourself? Having clarity around this will help you get the most out of these videos and this workbook.

Use the following prompts to reflect on your *why* and your *goals*.

How do I want to **feel** at the end of this course?

Example: "I want to feel empowered and healed and excited about every area of my life."

What **aspects of my life** do I want to **change** or **improve** with the help of this course?

Example: "I want to feel more comfortable and confident in dating/romance/intimacy."

Write a **note of encouragement** to yourself.

Example: "I deserve to find healing and empowerment and I am proud of myself for signing up for this course and continuing my healing process."