

CREATE YOUR LIFE'S NEXT CHAPTER

Step Two: Short-Term Goals

Reinvention is a journey that begins with small, manageable steps. Focusing on short-term goals can build momentum and create a sense of accomplishment. This week, we'll explore setting short-term goals in various categories to help you feel successful and on track. After reading this week's article, please write 3 short-term goals.



Health and Wellness: Some ideas to get started : Make all your annual medical appointments. Begin a Fitness routine. Make one nutrition change.



Personal Growth and Learning: Some ideas to get started: Enroll in a class. Join a book club. Learn a new skill.



Relationships and community: Some ideas to get started: Reconnect with an old friend. Volunteer. Improve family bonds.



Financial and Career Goals: Some ideas to get started. Review and understand your finances. Focus on professional development. Explore new opportunities.



Home and Environment: Some ideas to get started. Declutter your home. Make home improvements. Create a personal space.
