

Create Your Balance – Personal Goals and Challenges **Pamela Milne**

Goals are an integral, if not the most important, tool for creating and maintaining a healthy, balanced lifestyle. Oftentimes, establishing goals can be easier than following through. What are your challenges? Is something stopping you? List 3 factors that may be acting as barriers to either achieving, sustaining, and/or improving upon your intentions and ambitions (health-wise, professionally, relationally).

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- ❖ _____

- ❖ _____

Take time to review the factors listed above – reflect and evaluate. We understand ourselves in terms of how we operate – our behaviors, desires, needs. How we treat, value, and nourish ourselves directly impacts every other person we encounter. If we are not treating ourselves well, then how can we treat others well?

In response to the barriers and challenges listed above, list 3 ways to break down the barriers.

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- ❖ _____

- ❖ _____

Progressing towards your ambitions and meeting your goals requires self- reflection and evaluation. Every 3 months, take time to re-evaluate, track, and improve upon your personal roadmap. Your mind, body, and soul will thank you!