

# Starting your Journey

What steps do you need to take?

## Where You Want To Be



Your second step?



Other steps?



What is the first step you need to take?  
What needs to happen for you to take  
that first step?



What might stop you from taking  
your first step?.....

When will you take it? Date.....

What can you do to stop yourself from being  
stopped?.....

## Where You Are Now

What steps have you done already toward your goal?

