

Taking the Next Step

Reflection and Intention-Setting

“Watch **your thoughts**, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become your character. Watch your character, for it **becomes your destiny**.” ~ Margaret Thatcher

I commit to these **2-3 intentions** over the next six months:

In the **next month**, I will take the following action steps to make progress:

In the next **two months**, I will take the following action steps to make progress:

In the next **three months**, I will take the following action steps to make progress: