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: