



# DIY



## ACHIEVE: A Goal-Setting Workshop

Hello and thank you for registering!

This course is one that is near and dear to my heart. Basically, I teach yoga, some hand-standing skills and drills , and I teach body mechanics and muscle imbalance. All of those things, I've used, in my own life, as tools to develop athletic ability, endurance, and strength. I've used my experience of yoga and functional movement to share the best ways to gain mastery in movement. But all those things are impossible for someone who does not know how to apply the necessary course of action. Enter goal setting. I have been dreaming with deadlines for more than half my life. Whenever I've wanted something badly enough, I've implemented very specific steps and strategies to make those dreams into realities, and now I am going to share those strategies with you. We will cover how to categorize, how to prioritize, how to think, how to speak, how to write, and maybe most importantly how to create a plan to take actionable steps to manifest your dreams into existence.

Please have a pen and notebook or journal (bigger), an additional smaller notepad or notebook, and a calendar or day planner.

Again, thank you for registering! I look forward to seeing you all! If you have any questions at all, or any ideas you'd like to share, please feel free to reach out to me via email or Instagram!

Stay healthy with love,

Day

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Topic: ACHIEVE: A GOAL-SETTING WORKSHOP

Time: Dec 18, 2021 16:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83742724557?pwd=WjhPcXFHV1V4ekIzRFRUN3Bzb29TQT09>

Meeting ID: 837 4272 4557

Passcode: 957308

One tap mobile

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