



DIY



ACHIEVE: A Goal-Setting Course

12/30 @ 9am US EST

This particular 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.

Stay healthy with love,



Topic: **ACHIEVE WORKSHOP**

Time: Dec 30, 2022 09:00 Eastern Time (US and Canada)

Join Zoom Meeting

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