




# 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,

 Day

Topic: **ACHIEVE WORKSHOP**

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

Join Zoom Meeting

<https://us02web.zoom.us/j/86916828616?pwd=Vlx1WjlpOFRCUzMwOTJJSDV0OU5sdz09>

Meeting ID: 869 1682 8616

Passcode: 434807

One tap mobile

+13462487799,,86916828616#,,,,\*434807# US (Houston)

+16694449171,,86916828616#,,,,\*434807# US

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 646 931 3860 US

+1 689 278 1000 US

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

Meeting ID: 869 1682 8616

Passcode: 434807

Find your local number: <https://us02web.zoom.us/j/kbCd0QfXv4>