

# OVERCOME YOUR FEARS & ACHIEVE YOUR GOALS

## **Checklist**

Envision the life you want

Write down S.M.A.R.T goals

Do it afraid

Be willing to sacrifice

Be prepared for redirection

"There is only one thing that makes a dream impossible to achieve, the fear of failure" -Unknown

# You've so got this!

What do you envision for  
your career, family, health,  
Etc. in the next 3 years?

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What are your fears  
in relation to your goals?

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List Affirmations/Scriptures to help overcome your fears

A large, solid light pink rectangular area intended for writing affirmations and scriptures.