

These mind maps will help you quickly identify all the variables that relate to your goals. Having a clear picture of what success looks like and anticipated obstacles will give you a real-world view of your goal. Listing down your personal strengths and the available resources will bring the motivation to forge ahead regardless of obstacles. Gaining an understanding of the factors beyond your control will inspire you to come up with creative solutions using the choices that you do have. Action steps for quick wins will boost confidence, helping you stay on track until you can reap the long-term rewards of working consistently toward your goals.

