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Congratulations on taking the first step towards setting your 2025 goal!

It was fantastic to see everyone at the recent Thresholds session so actively engaged in identifying what they truly want in their lives and careers. If you missed the session, don't worry—due to its popularity, we'll be running it again soon. Keep an eye on the [events](#) page for future dates!

What's Next?

1. Continue to refine your goal

Ensure your goals are rooted in your genuine desires—not what you think you should achieve—these are far more motivating. Take time to reflect on what excites you and aligns with your values. To revisit the tips we shared during the session, you can access them, along with the slides, [here](#).

2. Be clear about where you are now

Progress starts with an honest look at your current situation. By understanding your starting point, you can create a clear pathway to where you want to go. Take some time to list what you already have that can support your journey—this might include your skills, experience, qualifications, contacts, and passions.

3. Take actions that support your goals

Achieving your goals often involves hard work, but it's not about willpower alone. It's about setting up habits, routines, and structures that make progress easier. Whether

progress?

Want Some Inspiration?

Thresholds facilitator [Jo Wood](#) shares her strategies for starting the year with purpose and balance. If you're ready to build a life you don't need to escape from, explore her tips to make 2025 your most meaningful year yet. Read the blog [here](#).

Need More Support?

We're here to help you achieve your goals! Explore our range of [programmes](#) and workshops designed to support women in achieving their careers. Up next is our one-day career planning workshop tailored for women.

- One-day workshop: Wed 19 Feb (black & ethnic minority women)
- One-day workshop: Tue 1 April

For more info & tickets - [here](#)

Questions? Don't hesitate to reach out at info@thresholds.co.uk



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