

Structural Tension Objectives

Intermediate End Result #1	
HEALTH	
Goal #1	Start biking local workouts 2-3 x per month during the week
Goal #2	Explore options for longer weekend rides
Goal #3	Get/ keep kids motivated to bike with us
Goal #4	Book one long weekend for the two of us with longer rides
Goal #5	Focus on diet/ weight control to improve endurance
Current Reality	

Structural Tension Objectives

	Intermediate End Result #1	
	CAREER	
	Goal #1	Increase targeted networking for Plan A job
	Goal #2	Increase # of applications from job sites for Plan A job (LinkedIn, Ladders)
	Goal #3	Engage with at least one consulting agency (M Squared, etc)
	Goal #4	Develop online brand as a marketing consultant
	Goal #5	Improve home office set-up to facilitate PT consultant work
	Current Reality	