GYSTS Goal Planning

**What is your wish for yourself this month? How do you want to feel when September is over?**

**What is the goal you want to prioritize most? Why is this goal important to you?**

**What are the steps you are taking toward achieving this goal in September? Start small. Keep those steps clear and specific.**

**What can you do each week to work toward this goal? Which days/times will you set aside to do this?**

**We will have a few productivity streams this month. If you are able to attend, how can you use those sessions to work on this goal? What actionable tasks can you complete?**