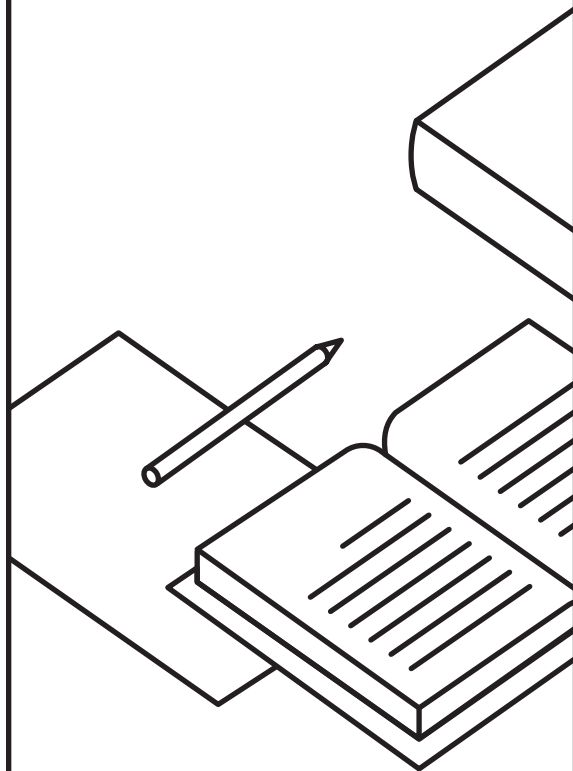


**Let's
Get
Started!**



MEDA

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**Start
Your
Journey**



1**MY PRESENT**

Where do you want to be?
How does it feel to be there?
What are you doing that is helping you
towards your future?
What are you doing, or not doing, that is
holding you back?

2**MY FUTURE**

What do you want for your future?
List 3 things.
How does it feel to be there?
How does fit in with your values?

4**MY COMMITMENT**

I commit to:

– START

– STOP

– CONTINUE

3**MY JOURNEY**

What are some key milestones you need to hit in order to achieve your future?
List them all out here.