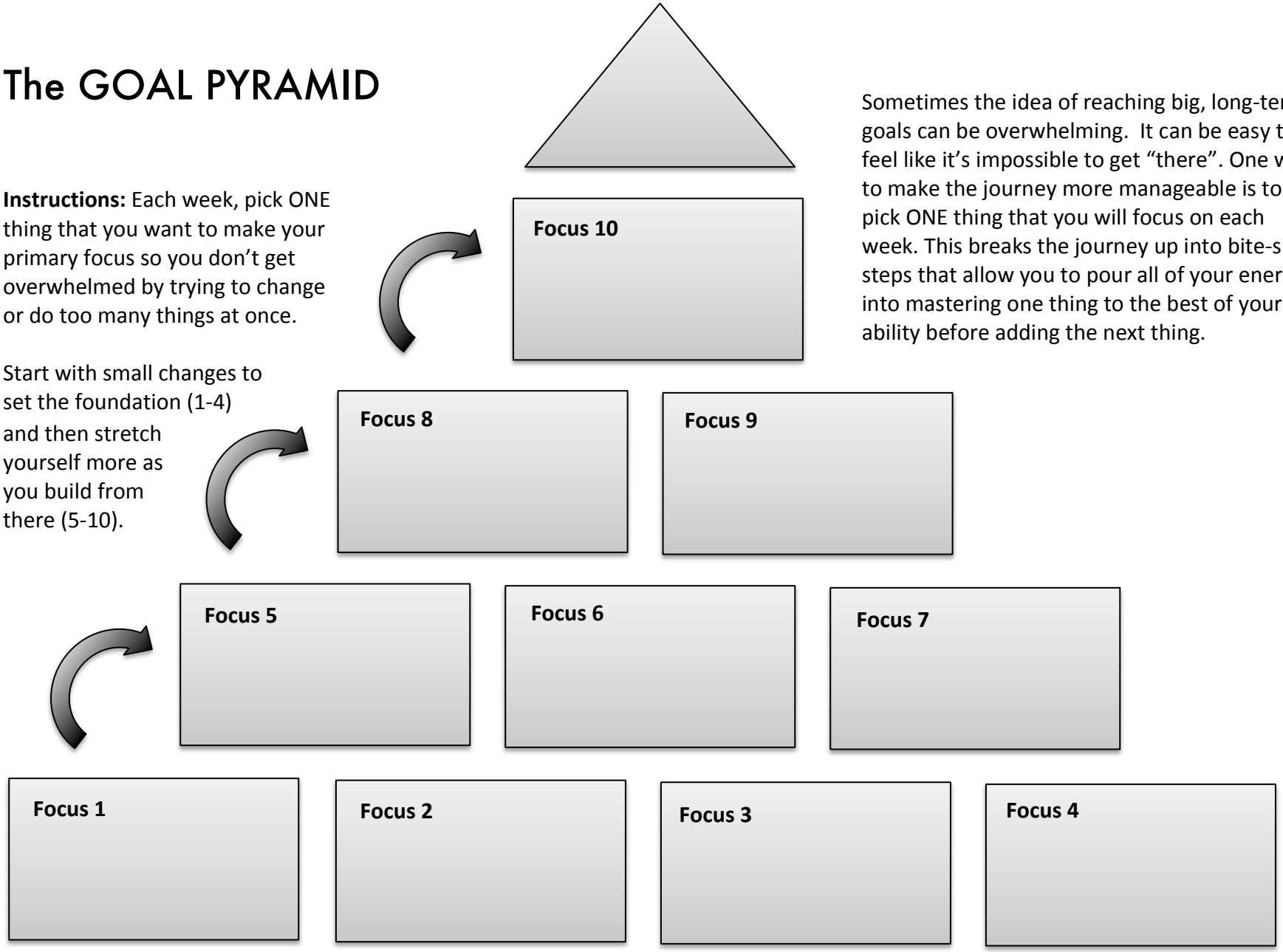
The GOAL PYRAMID

Sometimes the idea of reaching big, long-term goals can be overwhelming. It can be easy to feel like it's impossible to get "there". One way to make the journey more manageable is to pick ONE thing that you will focus on each week. This breaks the journey up into bite-size steps that allow you to pour all of your energy into mastering one thing to the best of your ability before adding the next thing.

Instructions: Each week, pick ONE thing that you want to make your primary focus so you don't get overwhelmed by trying to change or do too many things at once.

Start with small changes to set the foundation (1-4) and then stretch yourself more as you build from there (5-10).



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SAMPLE GOAL PYRAMID

Look how far you've come and determine what's next!

Focus 10
Work on forgiving unresolved grievances. Journ and burn.

Focus 8
Positive self talk daily. Tap on negative beliefs.

Focus 9
Practice energy shielding daily. Notice how I feel.

Focus 5
Observe my inner critic. Show more self-compassion

Focus 6
Practice tapping 1x/day on anger.

Focus 7
Do one thing a day that feels good or is a form of self-care

Focus 1
Habit Change-
late night snacking

Focus 2
Tap on food cravings

Focus 3
Observe my hunger cues. Practice mindful eating.

Focus 4
Practice meditation every day.

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