

PRODUCTIVITY IS POWER

NEWSLETTER



SETTING GOALS THAT ACTUALLY STICK

We've all set goals that didn't last. The problem isn't our ambition—it's our alignment. When goals are disconnected from our values and vision, they lose momentum. That's why this week is all about setting personal goals that actually stick.

Having a clear vision—both in life and work—is like turning on the headlights on a dark road. It gives you direction, confidence, and clarity. When you know where you're going, decision-making becomes easier. You stop second-guessing and start moving with purpose.

Using the Life Plan framework, we'll walk through how to:

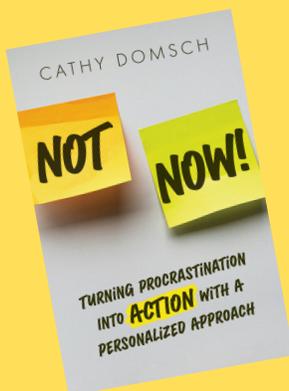
- Clarify what truly matters to you
- Set goals that reflect your values and priorities
- Create a rhythm that supports your progress

You can use this process to shift from vague intentions like "get healthier" to a clear, values-driven goal: "Build strength so I can hike with my grandkids next summer." That clarity could change everything.

If you are constantly overwhelmed by your calendar, after working through your Life Plan you can set a goal to reclaim your mornings for personal growth and reflection. For example, you could start each day with journaling and a walk—anchoring your energy before the demands of work begin.

If you want to write a book but keep putting it off, through our coaching, we can connect the project to your deeper purpose of helping others. That shift will turn writing into a mission, not a task.

This week's free worksheet will help you define goals that are meaningful, motivating, and sustainable—and rooted in your vision for the future. Download the worksheet [here!](#)



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A Catalyst For Change

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Schedule a virtual coffee with Cathy to discuss ways we can assist you or your team with reaching your goals!