

GOAL SETTING
with a **WHY** in mind



at **WML 2023** I will

make 10 new friends

STEPS I need to take

eat with someone new at lunch

introduce yourself to 5 people/day

sit next to someone you don't know

put your phone down and be present

RESULT of hitting goal

Learn to step out of your comfort zone and expand your network.

Build confidence

Build new relationships, expand network.

You're becoming more approachable

in **7 DAYS** *I will*

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STEPS *I need to take*

RESULT *of hitting goal*

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BRAINSTORM

in **30 DAYS** *I will*

STEPS *I need to take*

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

RESULT *of hitting goal*

BRAINSTORM

in **90 DAYS** *I will*

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STEPS *I need to take*

RESULT *of hitting goal*

☐ ☐ ☐ ☐ ☐ ☐ ☐

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BRAINSTORM