



# Looking Forward

What is the next life accomplishment that I am working towards (ie. committing to a relationship, graduating with your degree, buying a home, having a child, etc.)?

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What struggles am I facing right now that would be helpful to address before taking that next step?

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What is one thing that I can do this week to help myself move towards addressing those struggles?

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What are some resources that I can use to help me in addressing those struggles?

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Who is someone that I feel safe to share this goal with?

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