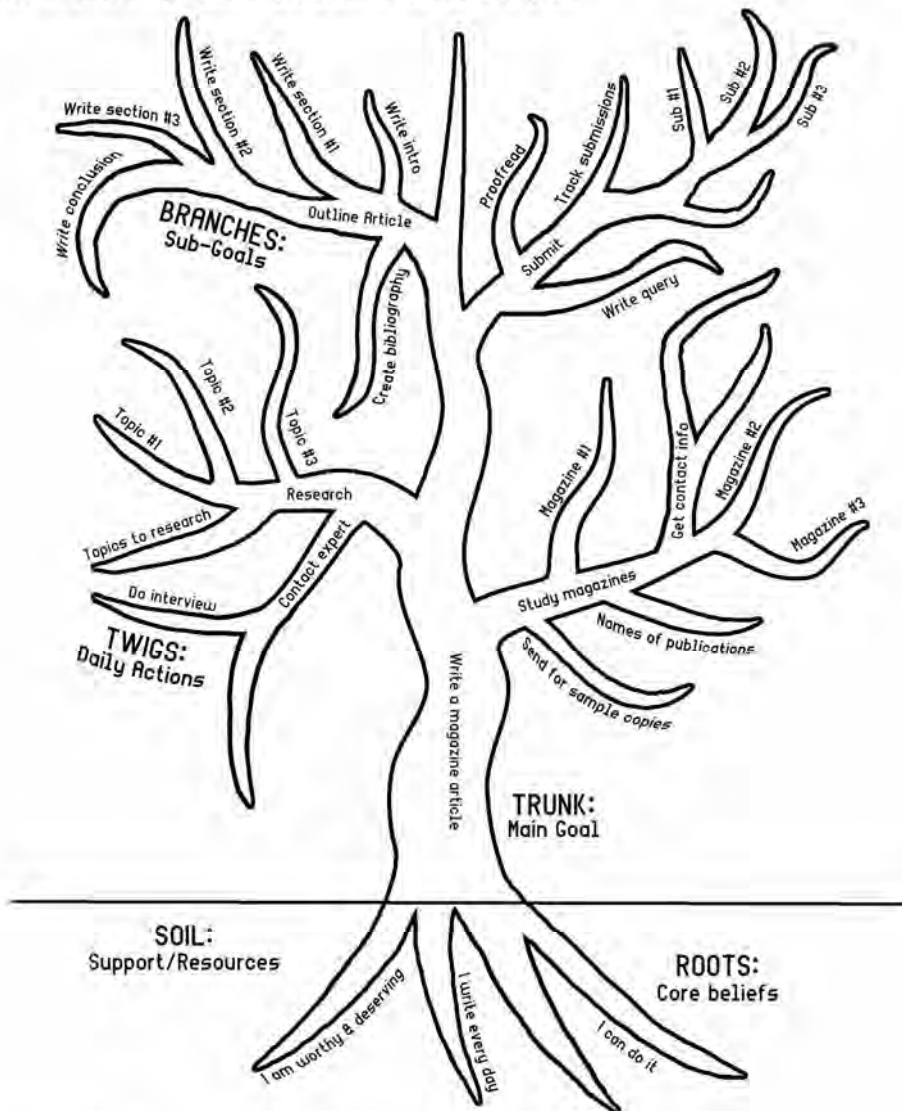


Select the dream that resonates most with you and put it on the tree trunk. Then break down the dream into goals as follows:

**SOIL:** What support or resources do you need to make this happen? List mentors, books, classes, etc. Maybe you need more time, money, office space. Try to come up with ways to get the support you need.

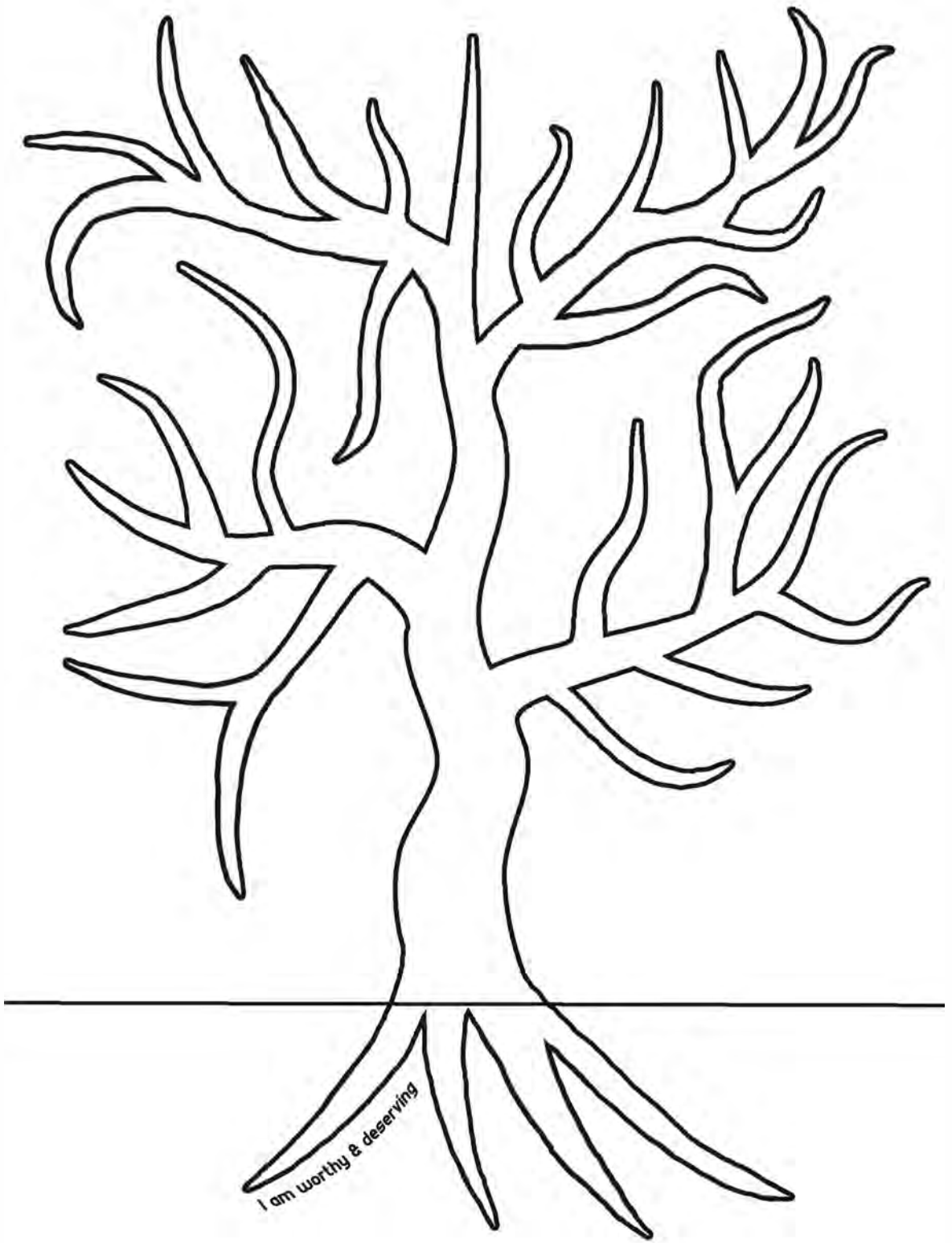
**ROOTS:** The roots are your core beliefs. They underpin any dream. What do you believe about yourself and your ability to succeed? If your core beliefs need to be changed, write new, empowering beliefs you plan to adopt this year.



**BRANCHES:** Break down the goal to doable actions.

**TWIGS:** Use these for smaller actions or daily goals. Add deadlines if desired.

**LEAVES:** When you complete a goal, draw a leaf on the end of that branch. Date it and color it in. When you've completed all your goals, you'll have a flowering tree. Make copies of the tree for other goals.



*I am worthy & deserving*

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