

THE
COMEBACK
CLUB

Name: _____

Year: _____ Quarter: _____

start with yourself - @babesonwavesclub

1 Jot down the thoughts, realizations, and big goals that you want to remember from this season.

2 Reflect on the progress you have made for your goals in the past three months. List your accomplishments, even the smallest ones.

3 What challenges have you been facing? Which are out of your control, and which are of your own doing?

4 How can you overcome those challenges with actions?

5 How will you keep yourself accountable? How will you measure progress?