

5-Day Love Challenge

WORKBOOK



www.Kristin-Ann.com

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Dare to Dream: Goal Setting

What is your EXCITING 6-month goal?

What feelings come up about this goal?



Dare to Dream: Goal Setting

What is your EXCITING 18-month to 2-year goal(s)?

What feelings come up about this goal(s)?



Dare to Dream: Goal Setting

What is your EXCITING 5-year goal(s)?

What feelings come up about this goal(s)?
