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# ACHIEVING GOALS

**PERSONAL  
GOAL**

**NOW**

**PROFESSIONAL  
GOAL**

**PERSONAL  
GOAL**

**1 MONTH**

**PROFESSIONAL  
GOAL**

**PERSONAL  
GOAL**

**END OF 2018**

**PROFESSIONAL  
GOAL**

To achieve your goals you need to be focused, accountable, understand the "science of being you" & have an action plan. If you fail to feel like you are winning it could be you're neglecting goals in another part of your life. This can massively undermine your motivation, actions and ultimately results. Be honest. Time the things you hate doing and talk to me for ideas to achieve in all areas of your life.