

# WEEK 4: CREATE A BALANCED MINDSET FOR THE FUTURE

The final week's plan is to check the unrealistic pressure and standards you often put on yourself

## Set Realistic Goals

Make specific, measurable, achievable, relevant, and time-sensitive (SMART) goals for every area of your life.

Each week, ensure you're making progress in those different areas. Don't worry too much about making mistakes; just try different things to keep moving forward.

Know what's most **urgent and important**, and focus on that first before completing low-priority tasks.

Focus on your lane. Don't be pressured to compare yourself to others or try to do what they are doing. Just **know what your unique purpose is** and keep your eyes fixed on that lane.