

Episode 4 Goal Setting



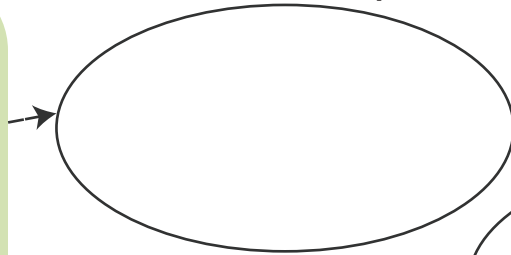
*Supplement Pages
to help you get started
right now! ~Nic*

NICOL HODGES

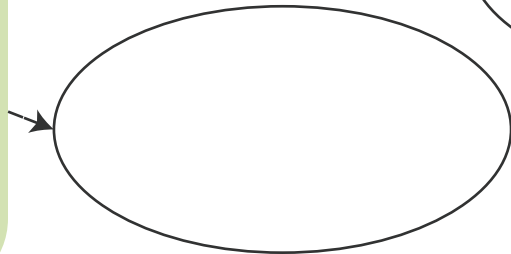
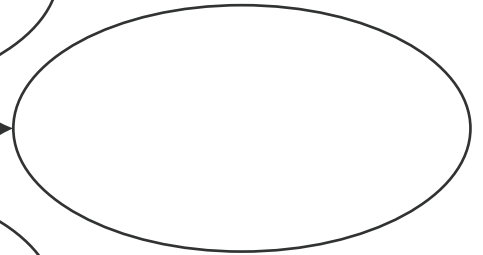
R.I.S.E

GOAL #1

Action step



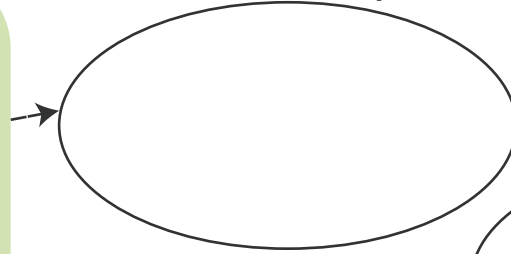
Action step



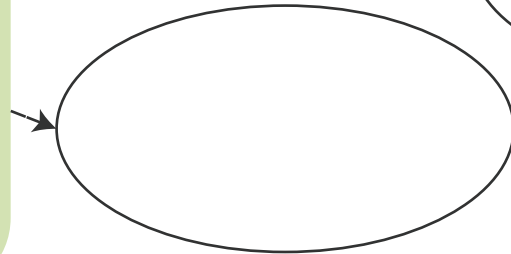
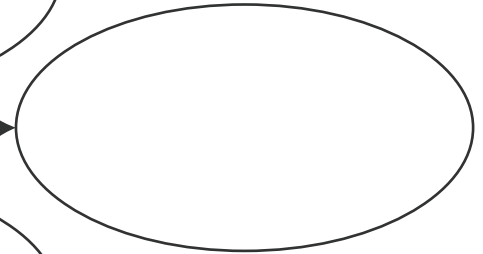
Action step

GOAL #2

Action step



Action step



Action step

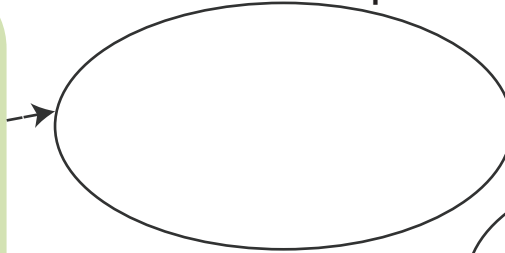
What are your top 3-4 goals you really want to work on right now? Write them in the yellow boxes!



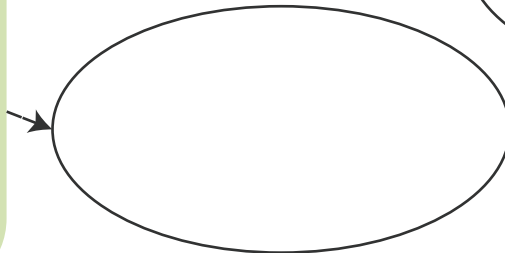
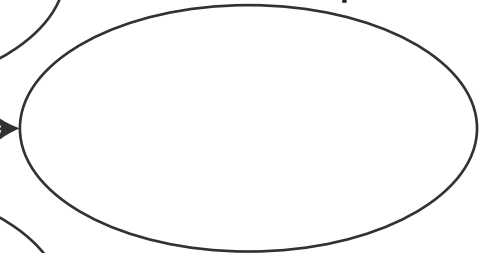
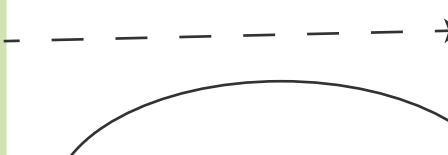
R.I.S.E

GOAL #3

Action step



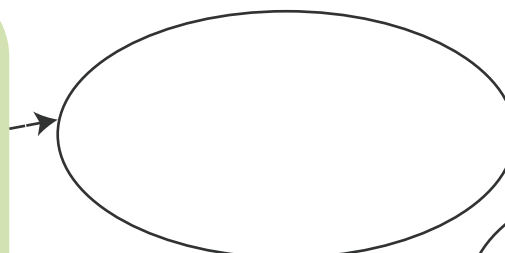
Action step



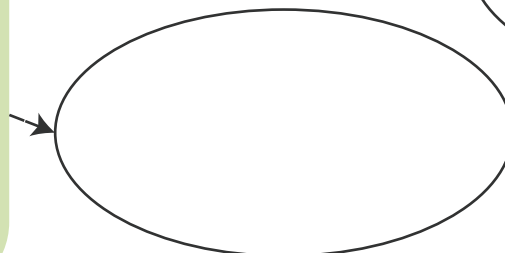
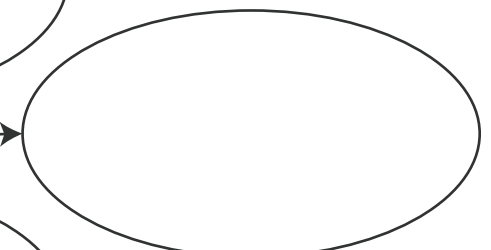
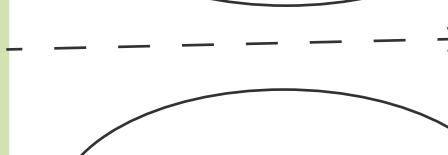
Action step

GOAL #4

Action step

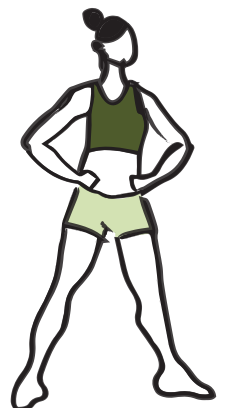


Action step



Action step

In the circles, what are 3 realistic steps you can take to get you closer to your goal right now!



LET IT GO!

What do you need to "let go" of?
Write it down and put it in the trash!



Put it in the trash...

Whatever you need to let go of, use the yellow areas to write it down and put it in the trash!



THE RISERS HUB



Nicol Hodges, a certified life coach, has successfully guided numerous clients in her community towards achieving a healthier and more active lifestyle. Drawing from her personal experience, Hodges generously imparts the effective tools she has employed for herself, her clients, and even her daughters to achieve seemingly impossible goals and overcome challenging obstacles.

“Achieving personal success requires genuine, rigorous effort. I won't sugarcoat the process, and despite my cheerful demeanor, I acknowledge the challenges ahead. Embracing these challenges is essential, as they become the crucible for developing strength, endurance, and confidence. Life's complexities are inevitable, forming an integral part of your unique identity. Together, let's embark on a four-week journey to construct a healthier lifestyle that can endure a lifetime.” - Nicol Hodges

January 2024

TIME TO R.I.S.E.
GET FIT
and
STAY THERE!

