

~ GOAL SETTING STRATEGIES WORKSHOP ~

~ BROUGHT TO YOU BY, AZ CoDA EVENTS ~

February 17, 2024 ~ 12pm ~ 4pm

By: Sharma D

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	

Daily Note

❄️ Vision Board Making
we'll provide magazines, glue sticks, scissors, and the blank vision boards.
Feel free to bring stuff you'd like on your board, or use ours.

❄️ Bring a potluck item to share
we'll provide paper goods, bottled water, tea, & lemonade

❄️ Literature focus:
Blue Book, Workbook, In This Moment

❄️ \$10 suggested donation.

TO-DO LIST

- Helping manage the currently unmanageable.
- Goals list Brainstorming
- Breaking down a goal into a workable plan.
- Task management apps, scheduling, etc

Location:

NSMC

11735 N Scottsdale Rd, Scottsdale, AZ

Contact info:

Events Committee Email:
azlivecodaevents@gmail.com

Today's Mood



your health comes first