

Your name here please:

# YOU in 2023



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Please watch this video before completing if you have 5 minutes.....this just helps you to understand a little bit more about WHY we are doing this. <https://youtu.be/XoVfCmEZJNE>

Please continue on to the second page as necessary and also we would like to know more about your personal goals too, so not just purely related to sweating!

To give you an example I am aiming to learn Spanish next year....my obstacle is making time and finding a teacher, actions.....start doing some "googling" and using my network of friends to help my find a tutor. The other thing I need to do is learn to kayak before June. Same things apply.....

So by all means re create the table below to suit your own column widths etc.....love to see your 2020 ambitions.

**Ambitions:** What do you want from life, what do you want from this year, how do you want to look, feel and want to have achieved by the end of the year? Go into as much detail as possible here please. Including dates, distances, measurements or anything you feel is relevant.

**Obstacles:** What obstacles are you likely to face?

**Actions:** What processes do you feel and we ought to agree this, need to be done to make these ambitions possible and not only that enjoyable!

**Who is going to help you? Who is on your bus, who is getting off to make this possible.**

<b><i>Ambitions</i></b>	<b><i>Obstacles</i></b>	<b><i>Actions</i></b>	<b><i>Coaches/mentors/ support network/ Helpers/ People On Your Bus or Off as the case may be ;)</i></b>

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