How to Create a Life Worth Reliving with Dawn Cortese

with Dawn Cortese · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Dawn Cortese, founder and CEO of Healthy Goals, Healthy Living, spent more than 20 years in life science and IT consulting before she became a coach.

- [ ] Write down a goal you want to reach and every reason it matters to you.
- [ ] Look past your first reason and ask what you really want from the goal.
- [ ] Ask yourself what you're willing to do to reach it.
- [ ] Call two or three coaches and pick one you click with for accountability.
- [ ] Block time on your calendar for family, friends and fun, not only work.
- [ ] Celebrate small wins on purpose, and look for ways to repeat them.
- [ ] For a career change, list what you're good at, your passions and your dreams.
- [ ] Talk to people who do the work you're curious about, or shadow someone for a day.
- [ ] Spend 15 minutes each weekend planning meals, then prep vegetables and snacks for the week.
- [ ] Download Dawn's free Energized Week Blueprint.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/find-your-why-dawn-cortese/
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