

REACH YOUR PEAK IN 2016

GOAL SETTING AND LIFE MAPPING WORKSHOP

"If you don't know where you are going, any road will get you there" – Lewis Carroll.

Start the year off with a plan to make your New Year resolutions and goals a reality!

**Saturday, January 9th
9am-Noon**

Location: Cowork Evergreen
30706 Bryant Drive, Suite 108, Evergreen, CO 80439

During this workshop you will:

- Identify where you are today
- Visualize where you want to go
- Develop a plan to get you there
- Understand what gets in the way from attaining these goals and learn tools to overcome any obstacles
- You will leave with a detailed visual representation and workbook outlining your plan to follow throughout the year!

\$20 registration fee includes all materials, tools, workbook and guidance.

Register at: <http://www.peakwellbeingsolutions.com/events.html>

Please contact Jennifer @ 720-432-3750 or

Amanda @ 720-464-6336 to receive additional information.