

Operation Goddess

CHOOSE YOUR SESSIONS & COURSES

Name:

Date:

Now that you have completed all the worksheets in "Create Your Goals", it is time to pick the sessions and courses from the OG library.

Task 1: Select the themes and topics below that are relevant to your goal. Just add a tick.

Task 2: Go into the OG library and choose the classes from the topics you have selected that will help you with your goal. Write down the class/course titles in the relevant sections.

Task 3: Download the "Create Your Personalised Timetable" worksheet and begin to plan your timetable for the month.

Task 4: If you feel you need some support or a particular session type. Email the OG team to get the help you need.

SESSIONS THAT WILL HELP ME ACHIEVE MY GOALS

Age-Defying Rejuvenation

Be Your Perfect Weight

Experience Abundant Freedom

Feel Beautiful

Feel Calm & Secure

Feel Worthy & Enough

Improve Your Health & Wellness

Love & Relationships

Personal Growth

Reach Your Goals

Relax & Sleep

Other - If you feel you need something else add it here. Then email your needs to the OG team.