

Esteemable Acts®
WEDNESDAYS
with Francine



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TAKE ACTION

*A Guide to
Finding Your Purpose*

ACTION **3**

Now it is your turn. Select one of your top 3 dreams and convert it into a S.W.A.R.M. Goal. Feel free to repeat this process for your other two goals at a later time.

Dream _____

Specifics:

Written:

Achievable:

Realistic:

Measurable:

