

Goal of L.A.N.D. Survivorship Program

Take a moment to reflect on what you want to achieve over the next eight weeks.

A goal is a desired result that you plan and commit to reaching.

Consider these questions as you write:

- What specific goals will you have accomplished by the end of this program?
- What fears or worries may be holding you back?
- Are you seeking friendships with others who understand your journey?
- Do you want to rediscover joy in life?
- Are you searching for a new sense of purpose?



Example Goal Statement:

"My goal for this workshop is to fall back in love with myself, the world, and life again."

Write your personal goals in a letter to yourself. Place it in an envelope, seal it, and keep it in a safe place. You will open it during our final session to reflect on your journey and write a new letter outlining your achievements so far and the goals you plan to pursue in the next year.

Note to Self

REFLECTION TIME

Write about what you see and the feelings and thoughts that come to mind when you look at this image.





