



What was the most important idea or moment of learning for you during VBMG Academy? Why?

What are your VBMG goals?

What do you want to have accomplished in 30 days?

What do you want to have accomplished in six months?

What do you want to have accomplished in a year?







What challenges do you anticipate? What do you need to meet these challenges?

Who is your support team?

Who will you talk with when you have something to celebrate or are feeling stuck? Who will be your accountability buddy – who will ask you how it's going?

What did you discover in VBMG that you want to remember every day?

Write it in six words or less so that you can keep it on a sticky note someplace you'll see it all the time.

