



Small Steps to Achieve Anything

"It must be borne in the mind that the tragedy of life does not lie in not reaching your goal.
The tragedy in life lies in having no goal to reach." ~Benjamin E. Mays

Every one of us has aspirations and dreams. Few of us are working toward them. In fact, most of us are ignoring our aspirations and dreams, or worse yet, have completely lost sight of them. We are bogged down in daily routine and struggle, but it does not have to be this way. Please join us for a four-week workshop where we will work to clearly define our aspirations and dreams - whether they be big or small - and then develop practical and powerful ways to achieve them through small choices and actions made every day.

The following brief descriptions outline what we will explore in each session:

Session #1 (8/23) In this first class we will work to define clearly our aspirations and goals, and discuss common beliefs and habits which often prevent us from reaching them.

Session #2 (8/30) The second session will explore the cumulative effects, both good and bad, of daily actions and choices, and how we might improve on them.

Session #3 (9/13) Writing things down and asking questions are very powerful methods toward reaching clarity. This session will go over a variety of methods to help you gain clarity on virtually any issue or challenge you face.

Session #4 (9/20) We will wrap up the workshop with straight-forward strategies you can use to make the most of each day.

Please bring something to write on and with to the workshops.

**Tuesday evenings
from 6:30pm – 8:30pm**

August 23 – September 20

Apply for scholarships online

12 Scholarships available

Call 780-0155 for more details

Classes will be held at BODY
333 Cordova Rd. Santa Fe, NM

★ Apply online at santafesoulfoundation.org or drop by 2905 Rodeo Park Drive East Bldg. 3 Santa Fe, NM ★

Other Wellness Pods being offered on stress reduction strategies, yoga for PTSD, family wellness, and chakra balancing