

“Goal Sisters” Talking Points

Ann and Michelle can talk about the following:

~ How they developed the Goal Sisters process over 10 years ago, and how it has helped them achieve and maintain personal and professional success.

~ The difference between a Goal Sister friendship and a regular friendship.

~ How a woman’s best friend is not necessarily the best one to share goals and dreams with, and how women need to be picky about whom they do that with.

~ How the business environment can bring out the nasty side of female friendships, and how women can use the Goal Sister process to bring out the caring side of female friendships.

~ The role of accountability in achieving and maintaining goals.

~ How the Goal Sisters process has helped them and Goal Sisters group members to support, motivate, and nudge each other around weight loss goals.

~ How the Goal Sister process has helped them and Goal Sister group members to work through doubts and fears.

~ How women who have a "wake up call" related to their health, jobs, and/or significant other relationships can use the Goal Sister process to structure the changes they’d like to make.

~ How the Goal Sisters process has helped them and Goal Sisters group members get unstuck from living the same old scenes with the same old characters doing the same old things.

~ How women who have more time, more freedom, and fewer responsibilities because of a change in their routine or life (e.g., job transition, children leaving home, retirement) can use the Goal Sister process to redefine themselves.