



# Setting Goals to Change Habits — Your Journey to Self-Improvement

In this webinar, we'll help you understand the process of goal setting, how to continue moving through the journey of change, and how to overcome obstacles.

We all have self-improvement goals — exercise regularly, stop sweating the small stuff, get more organized, quit smoking, etc. Join us as we discuss how to help you through your journey to realizing new habits.

## Setting Goals to Change Habits

Monday, October 19

2:00 p.m.

[Register Now](#)

Space is limited.