

NAME OF GOAL _____

Date _____

1. What do you want? What is your goal?
(State it in positive terms.)
2. Using your 5 senses, how will you know when you have reached or obtained your goal? What will you see, hear, smell, taste, feel or otherwise SENSE to let you know?
3. What impact and affects will achieving your goal have on others around you?
4. Where are you as you reach your goal and what is the time frame?
5. List 5 main steps to achieving your goal.
 - a.
 - b.
 - c.
 - d.
 - e.
6. What skills and abilities are you using to achieve your goal?
7. What do you believe? About yourself? About the world and how things work? Is there a metaphor that expresses these beliefs?
8. Which of your personal values are connected to your goal? How are they connected? Do you feel empowered / disempowered in the connections?
9. List 5 advantages of NOT reaching your goal, staying where you are.
 - a.
 - b.
 - c.
 - d.
 - e.
10. List 5 advantages of reaching your goal, the benefits you will gain.
 - a.
 - b.
 - c.
 - d.
 - e.



11. Where might you be settling for less?

12. What do you need to let go of?

13. List and describe 5 resources you need to achieve your goal.

- a.
- b.
- c.
- d.
- e.

14. Where is the best place to start? What action can I take that is daily helping achieve my goal?