



GOAL EXERCISE

Ask yourself (in as much detail as possible) the following questions:

What do I want?

How will you know when you've achieved this? (What will you see, hear, and feel when you've achieved this?)

Is this goal worth it and why?

What elements are under your control? What can you do about this?

What do I need to do more of to reach my goal?

What do I need to do less of to reach my goal?

What do I need to stop doing to reach my goal?

What do I need to begin to do to reach my goal?