|  |  |
| --- | --- |
|  | What is My Goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Use this chart to help you be clear on what your goal is.

|  |  |
| --- | --- |
| * Describe the goal:
 |  |
| * What is it that you need or want to accomplish?
 |  |
| * On a scale of 1 to 10, 10 being most important, how would you rate this goal?
 |  |
| * What would be the impact on your life if this goal were achieved?
 |  |
| * How soon do you want to accomplish this?
 |  |
| * Do you have the resources you need to accomplish this?
 |  |
| * Is this goal consistent with your values?
 |  |
| * What do you intend to do/have?
 |  |
| * Is it a priority?
 |  |
| * What about it is important to you?
 |  |
| * Do you want it or does someone else want it for you?
 |  |
| * You won’t succeed unless it is a priority and something YOU want to accomplish.
 |  |
| * How committed to the goal are you?
 |  |
| * What are you willing to do for this priority?
 |  |
| * Pretend you have succeeded in accomplishing the goal.
 |  |
| * Take a few minutes, close your eyes, and visualize it. Feel it, smell it, taste it.
 |  |
| * How will others regard you?
 |  |
| * How will you regard yourself?
 |  |
| * How does it improve your life?
 |  |