



# What is My Goal?

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

Describe the goal:	
<ul style="list-style-type: none"> <li>• What is it that you need or want to accomplish?</li> </ul>	
<ul style="list-style-type: none"> <li>• On a scale of 1 to 10, 10 being most important, how would you rate this goal?</li> </ul>	
<ul style="list-style-type: none"> <li>• What would be the impact on your life if this goal were achieved?</li> </ul>	
<ul style="list-style-type: none"> <li>• How soon do you want to accomplish this?</li> </ul>	
<ul style="list-style-type: none"> <li>• Do you have the resources you need to accomplish this?</li> </ul>	
<ul style="list-style-type: none"> <li>• Is this goal consistent with your values?</li> </ul>	
<ul style="list-style-type: none"> <li>• What do you intend to do/have?</li> </ul>	
Is it a priority?	
<ul style="list-style-type: none"> <li>• What about it is important to you?</li> </ul>	
<ul style="list-style-type: none"> <li>• Do you want it or does someone else want it for you?</li> </ul>	
<ul style="list-style-type: none"> <li>• You won't succeed unless it is a priority and something YOU want to accomplish.</li> </ul>	
<ul style="list-style-type: none"> <li>• How committed to the goal are you?</li> </ul>	
<ul style="list-style-type: none"> <li>• What are you willing to do for this priority?</li> </ul>	
Pretend you have succeeded in accomplishing the goal.	
<ul style="list-style-type: none"> <li>• Take a few minutes, close your eyes, and visualize it. Feel it, smell it, taste it.</li> </ul>	
<ul style="list-style-type: none"> <li>• How will others regard you?</li> </ul>	
<ul style="list-style-type: none"> <li>• How will you regard yourself?</li> </ul>	
<ul style="list-style-type: none"> <li>• How does it improve your life?</li> </ul>	