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

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

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| * 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? |  |