Reflection on Step 1

Answer these questions to reflect on the goal that you have set in Step 1.

1. **What is your goal?**

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1. **How is this goal going to help you in the future?**

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1. **What is the main thing that scares you about your goal?**

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1. **What will be your biggest obstacle when achieving this goal?**

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1. **How much personal control or influence do you have on your goal?**

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1. **Are you going to achieve your goal in 30 days? You better write down yes ;)**

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