

1. The goal I will focus on is:

2. I'm choosing this goal because:

3. The obstacles (thoughts, feelings, events, etc.) to meeting this goal are:

4. The one barrier to my goal, which if removed, that would bring me dramatically closer to my goal is:

5. The sacrifice I need to make to achieve this goal is:

6. The information, skill, person, thing or concept that I need in order to achieve this goal is:

7. If I don't meet my goal or come close to accomplishing it, I'm likely to:

8. When I accomplish this goal I will feel:

9. I'll go about working on this goal by:

10. The type of support I would like from others is:

Step 1: State your goal. It should contain important criteria, yet be written in a concise manner. It must be specific, provide a challenge, yet be attainable as well.

Step 2: What are all the reasons you want to achieve this goal. What will be the benefit(s) or achieving this goal? Emotions are the fuel to achievement: try to find the emotional reasons behind choosing your goal as well as the logical, rational reasons.

Step 3: List the known (inner and outer) obstacles to meeting your goal.

Step 4: What is the primary constraint, the one barrier, which if removed, would bring you dramatically closer to your goal? Sometimes a detour around, over, or under a barrier is needed to overcome the barrier. Or the barrier needs to be removed.

Step 5: List all the sacrifices you will need to make to achieve this goal.

Step 6: What information or skill do you need to achieve this goal?

Step 7: What would it mean for you not to reach your goal? How would you feel or what would the result be if you didn't meet your goal?

Step 8: When you achieve your goal, how do you anticipate feeling?

Step 9: What is/are the primary step(s) that need to be taken to reach this goal? And/Or which habits will you need to establish to reach this goal?

Step 10: Who can help you reach this goal? What forms of support would you like from other people, who specifically and when? Get the person's agreement to support you.