

[Goal 1]

How would failing this goal negatively impact my life? Why Do I Want This?

What is the cost of failing to achieve it

What limiting beliefs do I have around my capabilities to achieve it?

What new beliefs do I need to succeed?

What do I need to remind myself for those times when my focus and motivation is dropping?

What are the action steps that I need to take?

[Goal 2]

How would failing this goal negatively impact my life? Why Do I Want This?

What is the cost of failing to achieve it

What limiting beliefs do I have around my capabilities to achieve it?

What new beliefs do I need to succeed?

What do I need to remind myself for those times when my focus and motivation is dropping?

What are the action steps that I need to take?

[Goal 3]

How would failing this goal negatively impact my life? Why Do I Want This?

What is the cost of failing to achieve it

What limiting beliefs do I have around my capabilities to achieve it?

What new beliefs do I need to succeed?

What do I need to remind myself for those times when my focus and motivation is dropping?

What are the action steps that I need to take?