

# ACHIEVING MY GOAL

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My goal — what I want:

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Why do I want this? Am I trying to solve an unrelated problem? Is this goal coming from a place of fear or true desire?

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What value is this goal consistent with?

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Are any doubts coming into my mind about my ability to achieve this goal?

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How will I feel when I achieve this goal?

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What are the specific steps I must take?

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What can I do today that will bring me closer to my goal?

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What can I do tomorrow that will bring me closer to my goal?

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What can I do every day this week that will bring me closer to my goal?

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