

GOAL REVIEW

DATE

1

LIST 1-3 OF YOUR TOP, MOST IMPORTANT GOALS THAT YOU'VE WANTED FOR A LONG TIME AND HAVEN'T ACHIEVED THEM YET

2

IN THE BOX ABOVE, ASSIGN A VALUE FROM 1-10 OF HOW MUCH YOU DESIRE THIS TO HAPPEN.

THEN NOW ASSIGN ANOTHER VALUE IN REGARDS TO HOW MUCH YOU BELIEVE THIS ARE POSSIBLE.

FOR EXAMPLE, IF YOU STATE YOU WANT TO LOSE 50 POUNDS AND YOU'VE NEVER LOST MORE THAN 10, YOUR DESIRE SCORE MAY BE 10/10, BUT YOUR BELIEF SCORE MIGHT BE 3/10.

NOW REVISE THE GOALS ABOVE TO SOMETHING YOU BELIEVE IS MORE ACHIEVABLE, WHAT YOU'VE BEEN ABLE TO DO BEFORE

3

WHAT NEEDS TO HAPPEN THIS WEEK IN ORDER FOR THIS TO HAPPEN (START, STOP, CONTINUE). LIST SOMETHING FOR EACH

Blank area for writing responses to step 3.

4

A WEEK LATER, LIST WHAT YOU'VE DONE AND HOW IT'S WORKING SO FAR

Blank area for writing responses to step 4.

5

WHAT HAVE YOU LEARNED ABOUT YOUR GOALS, HOW WILL YOU MANAGE THEM DIFFERENTLY KNOWING THE DESIRE AND BELIEF NUMBERS?

Blank area for writing responses to step 5.

BOOK A CALL HERE TO GIVE YOUR GOALS A KICK START!