

Understanding Our Goals

The "Why" Of Goals

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INSTRUCTIONS: Whether we achieve our goals depends on whether we take action. But what decides whether we take action in the first place? How motivated you are! So, simply **pick your Top 3 goals**, then **answer the questions below**. Keep writing even if you repeat your answers. The information below will help you feel clear, focused and more motivated to achieve your goals.

Write Goal No. 1 Here:

Write Goal No. 2 Here:

Write Goal No. 3 Here:

**Why do you want this Goal?
What does it give you?**

**Why do you want this Goal?
What does it give you?**

**Why do you want this Goal?
What does it give you?**



**And why do you want that?
What does that give you?**

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**What will this goal
help you feel?**

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help you feel?**

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