

MEETING GOALS TODAY

You've taken the time to study and gain a better understanding of how thoughts define your life journey. Maybe you've modified your original goal, or maybe you have discovered a new goal that is important to achieve first. Let's explore where you are now.

What is your current goal? You may have many, but let's focus on one important goal to improve your life.

Is meeting this goal dependent on someone else (spouse/friend/business partner)? If so, pick a different goal or revise your goal to focus on something you can achieve alone.

YES NO

Why is this goal important to you and/or how will achieving it improve your life?

What old goal has been in the way of achieving this goal? In other words, why haven't you already met this goal?

What is the benefit of achieving this goal?

What risk is involved in meeting this goal?

On a scale, does the benefit of achieving outweigh the risk of not achieving your goal?

YES NO

If yes, then list 5 actions you can take to achieve your goal:

1. _____
2. _____
3. _____
4. _____
5. _____

If no, you need to work on the Risk Factors so you can feel safe taking action toward your goal. (We will deal with this elsewhere.) For now, list a few potential risks, such as (e.g., I have to expose more of my real self and feel more vulnerable, I don't know how to live (drug free/alcohol free), I might lose my current friends or they won't like me anymore.

Of those 5 actions are any of them doable today? YES NO

If no, pick one of the actions and divide it into two smaller, more manageable steps.

1. _____
2. _____

Is one of these steps doable today? Keep subdividing them until at least one action is doable.

What will it take for you to commit to taking this actionable step?
