

YOUR ULTIMATE GOAL SETTING GUIDE

What do you want to achieve?

Why do you want to achieve it?

Why is that?

And why is that?

Tip: Going 3 'whys' deep will uncover the heart of your purpose.

How will you know when you've achieved it?

What will it look, sound and feel like once it's achieved?

When do you want to achieve this by?

Declaration of Commitment to Goal

My goal is to

..... . I'll know that I've achieved this

when

The reason I have set this goal is because

..... . When I achieve it

I will feel

I,
(name).....commit to achieving this

goal by/...../.....
(date) .

Signature:

Date: