



# Understanding Our Goals

## The "Why" Of Goals

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Perspective \* Possibilities \* Pathways Open \* Proceed

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.

<b>Write Goal No. 1 Here:</b> _____	<b>Write Goal No. 2 Here:</b> _____	<b>Write Goal No. 3 Here:</b> _____
<b>Why do you want this Goal? What does it give you?</b> _____	<b>Why do you want this Goal? What does it give you?</b> _____	<b>Why do you want this Goal? What does it give you?</b> _____
<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____
<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____
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<b>What will this goal help you feel?</b> _____	<b>What will this goal help you feel?</b> _____	<b>What will this goal help you feel?</b> _____