



Goals Motivator

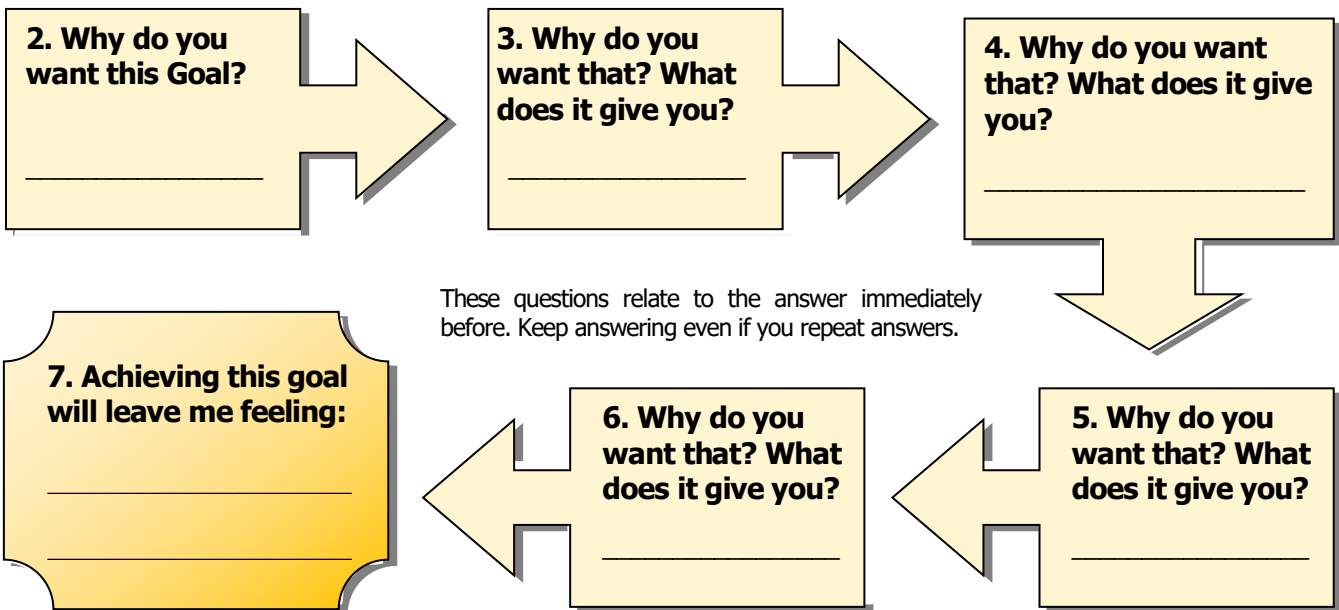
Find Your Hidden Treasure!

Why we want our goals is totally unique to us. A pay-rise may mean self-esteem and validation, or it could mean security, a holiday or getting married. Once we understand WHY we want our goals, and why we want our goals NOW, it's easier to focus, go the "extra mile" and find that extra energy to put into our goals.

To get the most out of this exercise, I want you to be *totally honest* with yourself and lose the self-judgement. Write whatever pops into your head - however silly or boring it might seem.

Write Your Goal Here:

1. First, score out of 10, how motivated you are currently to achieve this goal: ____ / 10



Now you understand why you want your goal and how you want to feel. But to be really motivated, you need to be clear on one final question, **"Why do you want this goal now?"**

8. So, what circumstances in your life make this goal important to you right now? Why not next year?



What's your hidden treasure?

So, now that you understand your true motivations, how does this change the way you think about your goal?

9. I am now motivated to achieve this goal: ____ / 10 (If your motivation score is not 8 or above, why do you have this goal? Is it really your goal?)



Goals Motivator

Find Your Hidden Treasure!

10. What did you learn about yourself & your goal? What will you do differently?
