

What do you want?

List 25 things that you want. It can be anything from objects to feelings. Just brainstorm what comes to mind. A new car? Connection with your husband? Anything goes...

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____
- 16 _____
- 17 _____
- 18 _____
- 19 _____
- 20 _____
- 21 _____
- 22 _____
- 23 _____
- 24 _____
- 25 _____



Goal Setting

Define your goal. Remember to be specific. How will you know you've reached it? When will you reach it by?

How do you feel when you think about your goal?

How do you think you'll feel when you reach your goal?

What would be different if you felt that way now? How would it change the action you would take? What would you need to think in order to feel that way now?



List all the obstacles to reaching your goal first. Then go back and write a strategy for each obstacle.

Obstacle:

Strategy:

Obstacle:

Strategy:

Obstacle:

Strategy:

Obstacle:

Strategy:



