



Understanding Our Goals - The "Why" Of Goals

Whether we achieve our goals depends on whether we take action or not. But what decides whether we take action in the first place? How Motivated you are!

So let's get motivated! Simply **pick your Top 3 goals**, then **answer the questions below each**. Keep writing, even if you repeat your answers. The information that you set out below will help you feel clear, focused and more motivated to achieve your goals.

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