

Another Beautiful Life

Date _____

Goal Setting: Part 1

1) Write your outcome or goal below:

2) Why do you want to achieve it?

3) If you achieve this, what will it mean to you?

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4) How do you feel when you imagine realizing this outcome/goal?

5) What will be the same when you realize this outcome? (In what ways are you already living this outcome?)

6) What will be different when you realize this goal?

7) How will you need to change to become the person who has realized this goal?
