



MODULE 1

Define My "Why"

Lesson 2

MY GOALS

What goals are important to me?
List them in order of priorities from most to least important.

In Module 1, complete only page A, B, and C.

In Module 2, complete only page D, E and F

In Module 3, complete only page G, H, I and G.

Revisit your goals regularly and keep track of your progress.

In Module 1, once you enter your goal, and to help you complete page B, write out sentences attached to your goal as follows:

Why is this goal important to me? Why does it matter?

Insert your goal and the reason into the following sentence:

I want to _____ because _____

Example, I want to run a 5 km road race because it will help me get into shape.

Now switch the sentence around and insert the reason into the first part of the sentence and repeat the process over again.

For example:

I want to get into shape because I don't have enough energy to be productive at work.

I want to be productive at work because it's importance to provide for my family.

I want to provide for my family because being a great parent is rewarding.

I want to be a great parent because I believe it is part of leading a great life.

A. Personal Goals

1

B. What motivation factors influence this goal? Why am I wanting to take action?

1

C. How will this goal change my life or the lives of others?

1

D. What obstacles might get in my way?

1

E. How many hours a week will I commit to this goal?

1

F. What type of people do I need around you to keep me inspired?

1

G. Name my accountability partner(s)

1

H. Add a specific deadline to this goal

1

I. List 3-6 mini milestones that need to happen to accomplish this goal

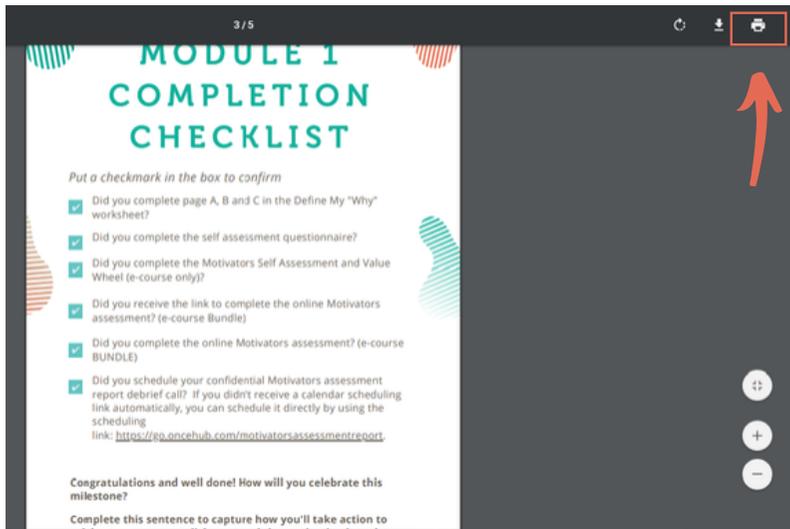
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J. Identify a celebration I will honour myself with upon goal completion

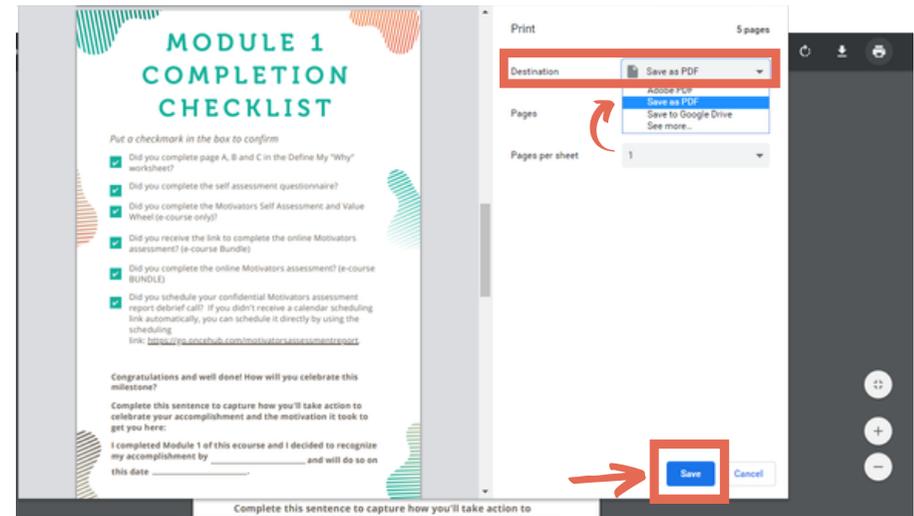
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Guide on how to save your worksheet

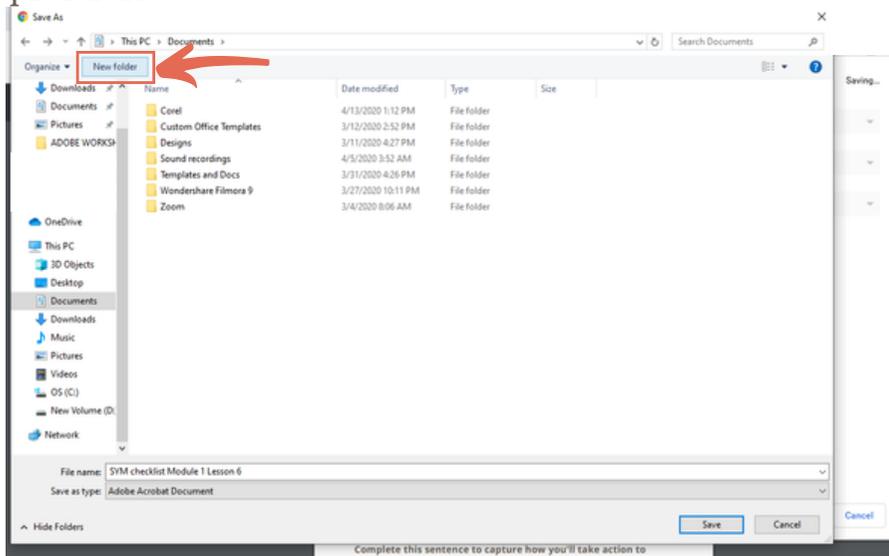
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

