

Power up for success  
Lesson 1: you and your goal

**PART 1: Who you are**

1. Who are you? Define in one sentence only how you see yourself.....  
.....
2. How do others see you? (*One sentence only*).....  
.....
3. What are your main 3 strong qualities? (*these help you achieve goals*)
  - 1.....
  - 2.....
  - 3.....
4. Do people around you benefit of these qualities? Y / N
5. If YES, how?.....  
.....
6. What are your main 3 weak points? (*these stop you achieve goals*)
  - 1.....
  - 2.....
  - 3.....
7. Are people around you affected by your weak points? Y / N
8. If YES, how?.....  
.....
9. Did you try in the past to work on your weaknesses? Y / N
10. If YES, how?.....  
.....
11. Have you lost opportunities because of your weaknesses? Y / N
12. If YES, when and how?.....  
.....
13. What makes you happy?.....  
.....
14. Are you happy with who you are? Y / N
15. Why?.....  
.....

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**PART 2: Your goal**

1. What is your main goal for 2019?.....
2. Have you tried achieving this goal in the past? Y / N
3. If YES, when and how many times?.....  
.....
4. If YES, what stopped you achieving it?.....  
.....
5. How would you feel to achieve your main goal?.....  
.....
6. What do you need to invest for achieving your goal?
  1. Time (per day).....
  2. Money (per week).....
  3. Knowledge (new courses).....
  4. People who can help.....
  5. Mentor.....
7. Total time invested in 2019 (*multiply time from question above X 365 days*).....
8. Total money invested (*multiply amount from question above X 52 weeks*).....
9. What stops you gaining the knowledge necessary for achieving your goal?.....  
.....
10. Are people around you supporting your goal? Y / N
11. If YES, who?.....
12. If NO, who?.....
14. Would reaching your goal impact positively on people around you? Y / N
15. If YES, how?.....  
.....
16. Would reaching your goal impact negatively on people around you? Y / N
17. If YES, how?.....  
.....
18. What are the outcomes of your goal? (*example: money may be the outcome of a successful career; marriage may be the outcome of finding love*)

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- 1.....
- 2.....
- 3.....

19. On the scale from 1 to 10, 1 being the weakest and 10 the strongest, how decided are you to have success in 2019? (*circle below*)

1 2 3 4 5 6 7 8 9 10

**Summarize:**

**To achieve my goal I need:**

.....hours in 2019

.....\$ in 2019

People who can help.....

Mentor.....

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