

POWER UP FOR SUCCESS WEEK 5 DO YOU WANT 2 OPPOSITE GOALS?

1. Is there anything that holds you back from achieving your goals? Y / N
2. If Yes, what?.....
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3. Is there any part of you that want things as they are? Y / N
4. If Yes, why?.....
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5. Is your desired goal conflicting with anything in your life? Y / N
6. If Yes, with what?.....
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7. Are there any personality patterns you have to change in order to achieve your goal? Y / N
8. If Yes, what?
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9. If Yes, how prepared you are to change them?
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10. If No, why do you think you haven't reached this goal in the past?.....
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11. Do you have any fears when it comes to reaching goals?
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12. If you come up with one defining statement that describes where you would like to be once you achieve your goal, what would it be?.....
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