
Goals, Motivation & Mindset

~ Consider your Why ~

1. What is / are your goals? (be specific - context, time frame, etc.)

2. Why is this important to you?

3. What would it mean for you? What would it allow you to do?
(in your life, relationships, job, body, health and wellness, etc.)

4. What holds you back right now? What do you miss out on?

5. Are there things you are not willing to give up or compromise to move
towards that goal? What are they?

6. How will you stay motivated? What is the cost of NOT doing it?

7. What inspires you? How can that help you toward your goals?

