

# Setting Goals

In order for us to stick to a goal and achieve it, we need to have Clarity on why this goal is important, and the benefits we will get by reaching this goal. Use these journal prompts to get really clear on why you want this goal.

**#1**

What is the goal you'd like to work on and the time frame in which you want it to be accomplished by?

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**#2**

When you see your future self the one that has accomplished this goal, what are you thinking and feeling then?

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# Goals

## #3

List at least 3 reasons why this goal is important to you.

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## #4

List 2 obstacles that will possibly get in the way of you achieving this goal.

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# Goals

#5

What mantra or affirmation can you come up with to push through any excuses that may come up for you. (Look to your past when you've tried to reach a goal, what has stopped you?)

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#6

What support do you have during this time. Make sure to list a specific person as well that you'll reach out to you if you need support during this time.

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# Goals

#7

Why Now? Why is now the perfect time to reach this goal?

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#8

What is the benefit of reaching this goal?

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# Goals

**#9**

What is the benefit of the previous benefit? (Example if your goal is weight loss one benefit may be to be able to hike longer. Then what would the benefit of hiking longer be for you?)

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**#10**

What is the benefit of the previous benefit? Go at least 7 layers deep on the benefits.

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