

# Achievable Goals

OBSTACLES I MIGHT COME ACROSS	I CAN OVERCOME THIS OBSTACLE BY

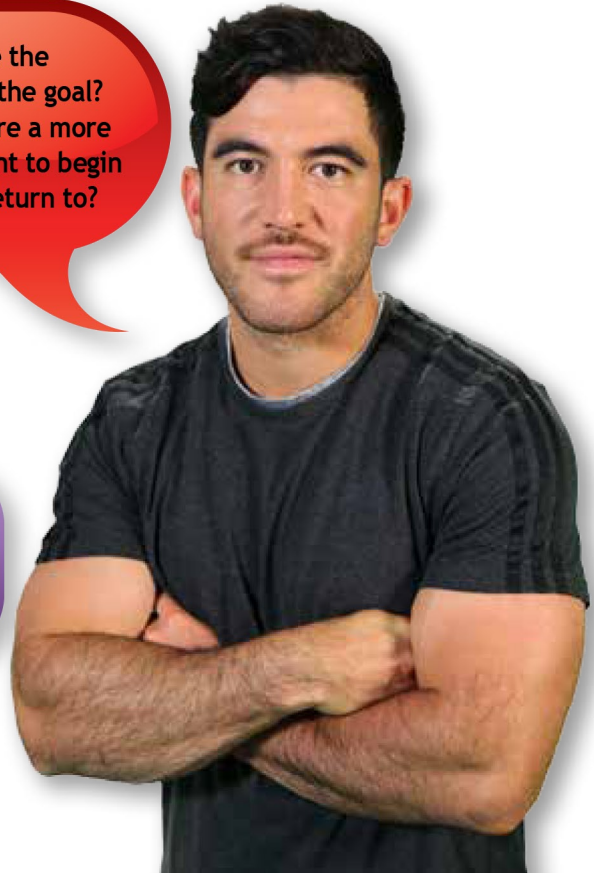
### CHECK OUT YOUR MOTIVATION:

To ensure you are motivated to achieve your goal answer these questions.

- 1. Do you really want to achieve this goal? YES/NO
- 2. Are you willing to make the changes necessary to achieve your goal? YES/NO
  - List the changes you think you are going to have to make to achieve your goal.

Are you willing to make the changes needed to achieve the goal? If yes continue. If not, is there a more achievable goal that you want to begin working towards first and return to?

Be totally honest with yourself around the changes you are willing to make to achieve your goal.



Step 1 and rewrite your goal. Your commitment and goal should match up!

