

# PRE-EVENT GOAL SETTING

## My What

- What do I want? What is the vision? What is the specific goal?
- What will it feel like when I get it?
- Who will benefit, and how will this impact their lives?

## Discovering my Core Why

- Why do you want this goal?
- Why is that so important to you?
- How will achieving this goal impact you, and the ones you love?
- What will achieving this goal say about you?
- Why does that matter to you?