

## 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?

## **Beliefs: I CAN**

- What beliefs do I hold that will not serve me in achieving this goal?
  
- What beliefs **MUST** I adopt to achieve this goal?

## **Determination: I WILL**

- What am I willing to change/release/face in order to achieve this goal?
  
- What action am I willing to take on a daily basis to achieve this goal?

## **Worthiness– I AM**

- What old beliefs about not being enough am I willing to release?
  
- What new identity am I willing to embrace?