



# UNDERSTANDING OUR GOALS

## The "Why" of Goals

**INSTRUCTIONS:** Whether we achieve our goals depends on whether we take action. But what decides whether we take action in the first place? How motivated you are! So, simply pick your Top 3 goals, then answer the questions below. Keep writing even if you repeat your answers. The information below will help you feel clear, focused and more motivated to achieve your goals.

Write Goal No. 1 Here:

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Write Goal No. 2 Here:

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Write Goal No. 3 Here:

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Why do you want this Goal?  
What does it give you?

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Why do you want this Goal?  
What does it give you?

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What will this goal help  
you feel ?

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What will this goal help  
you feel ?

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What will this goal help  
you feel ?

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