

# Goal Setting *and* Uncovering your MOFO

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My goal is:

This goal is important to me because:

This is important to me because:

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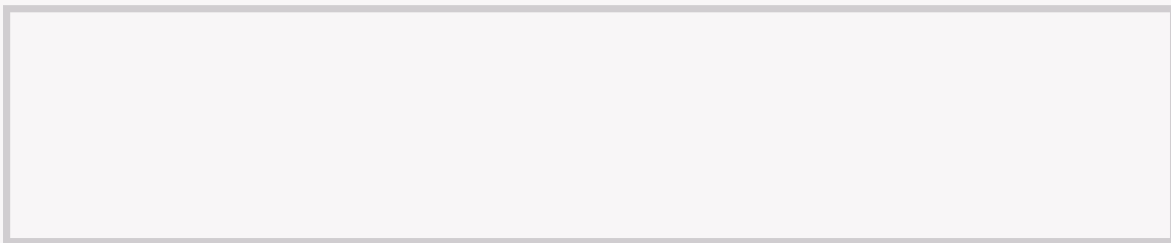
What in my life would change if I could stick to or accomplish this goal? What would be better about my life? And then ask yourself again Why is this important to me?

If I don't make this change what will my life look like in 6 months from now? Does this picture of my life in 6 months bring me happiness or stress?

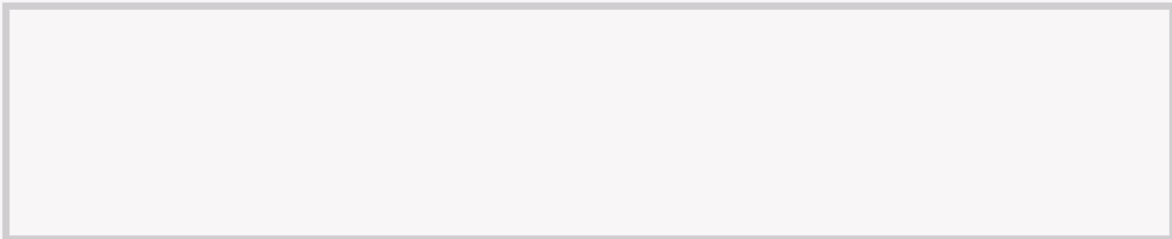
If I do make this change (or reach this goal) what will my life look like in 6 months from now? Does this picture bring me happiness or stress?



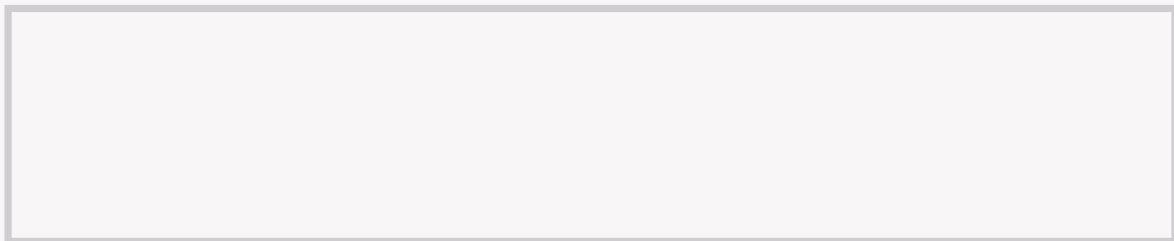
What has gotten in the way of my being able to reach this goal in the past? How can I troubleshoot for this in the future?



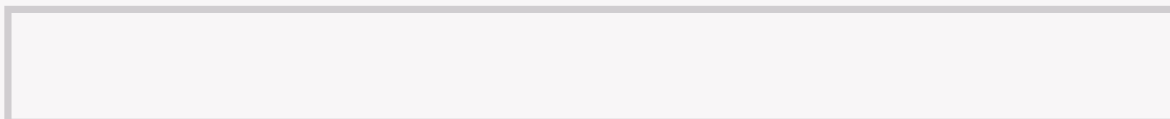
Who do I need to help support me and help me stay accountable to this goal?



What can I do if I fall off track?

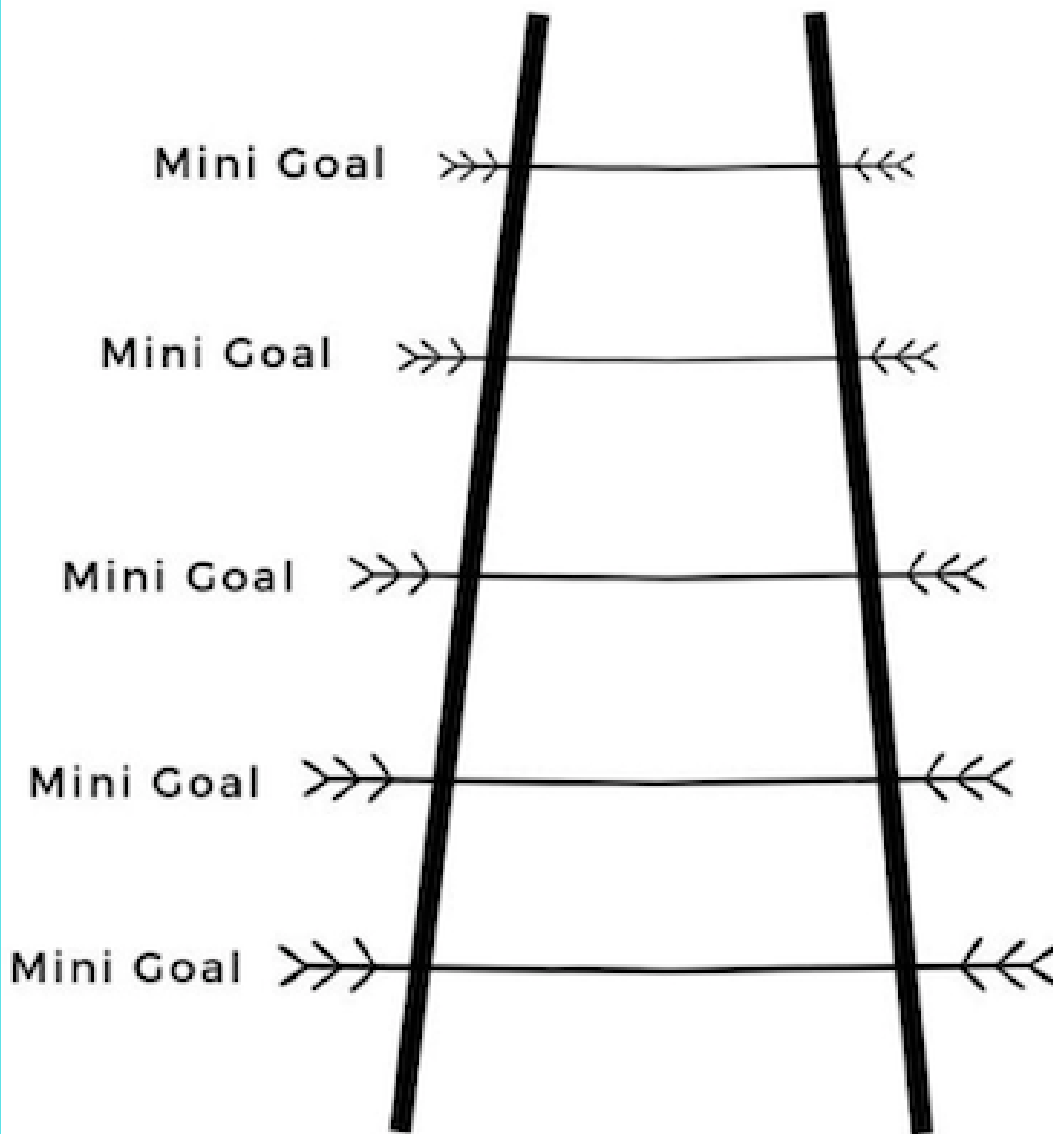


A positive affirmation I can repeat to myself when things get hard is:



# GOAL LADDER TO SUCCESS

**GOAL COMPLETED**



**START**

*The Blissful Body & Mind; Health, Wellness & Mindset Coaching*