

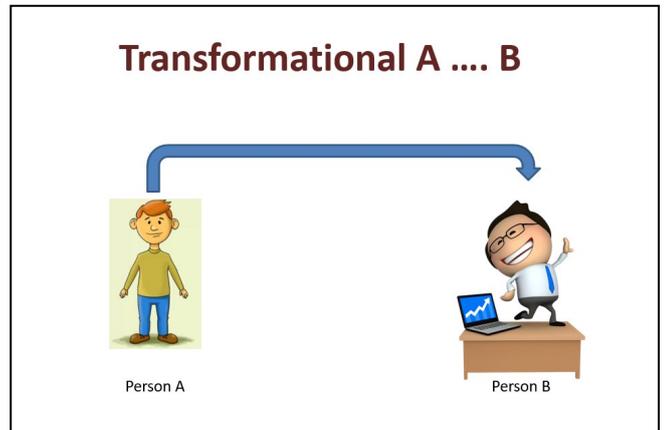
Goal setting

- What is the primary goal you would like to achieve?

Transformational in the image on the side is a visual representative of who you are now as person A vs who you need to be as person B

- Take some time now and imagine yourself as person B. Person B has already achieved his/her goal. He/she has transformed. Then answer the questions below

It is now (Select the future date)



1. Achieving **my goal** of: (Write down your primary goal that you want to achieve)
-

2. Because I have reached my goal I have **gained** (have..... (Obtained or secured)
-

3. Because I have reached my goal I have **Achieved**..... (Successfully bringing about or reach)
-

4. Because I have reached my goal what would **change**?
-

5. Because I have reached my goal how would I **feel**?
-

6. Because I have reached my goal what would I **See**?
-

7. Because I have reached my goal what will be **transformed**?
-

PRACTISE GRATITUDE. THANK YOU! THANK YOU!

How can I create even more and more

Then what I already have in my life right now?

Select 7 words below that you resonate with.

Inner Peace	Self-Respect
Joy	Opportunities
Love	Health
Success	Opportunities
Abundance of wealth	Health
Enlightenment	Vibrant health
Energy	Spirituality
Knowledge	Trust
Wisdom	Appreciation
Motivation	Discipline
Abundance of Money	Friendship
Self-Fulfilment	Recognition Control
Personal Growth	Inner Power
Patience	Control
Self-Acceptance	Self-knowledge
Respect	Inner Freedom
Self-Confidence	Confidence
Independence	Family
Freedom	Fun
Adventure	Learning
Hope	Education
	Quite time

1	5.
2	6.
3	
4	

14 Day challenge,

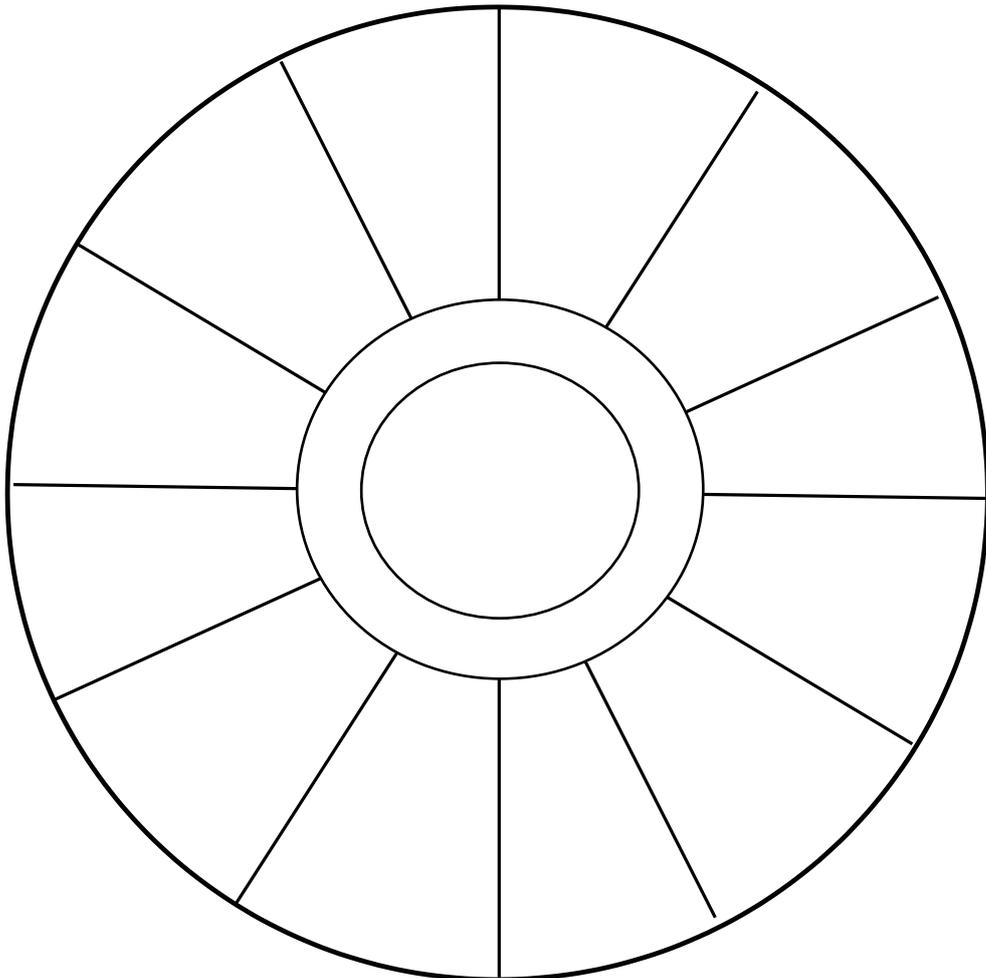
Add your goal answer 1 to the middle of the diagram below

Add the answers to the above 6 question to the diagram below in one of the pizza slices

Add the 7 values to the remainder of the pizza slices

Create a slogan that summarised your goal in the slightly bigger circle in the middle.

Work on one pizza slice a day for the next 12 days



Reference: Sonja Simak from Healing point