

Achieving the Impossible

Goal: _____

(Make it specific and measurable!)

Why?

Why do I want this for myself? What would it do for me?

How?

How can I break this down into smaller steps to accomplish?

Who?

Who can help me achieve this goal? Who is keeping me from achieving my goal?

When?

When do I plan to have this accomplished by?

Where?

Where do I need to be or avoid being to achieve this goal? Where can I look for inspiration?

What?

What can I do each day to get me closer to my goal?
