



# Understanding our Goals

The “Why” of Goals

Name:

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Life is Blooming



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## Understanding the “why” of our Goals

Most people fail to achieve their goals because they stop at the dreaming stage and then think that the rest is just going to take care of itself. Nothing could be further from the truth.

The bottom line is that without action, nothing changes. And without getting specific, how on earth can you ever take action?

The more specific the action, the better.

If you can define the first step, then you will be able to take it!

Distil Your vision now into a sentence or two – and make sure you frame it in the following way:

**SPECIFIC** - Be specific with your language.

**MEASURABLE** - Make it measurable - something that you will be able to test and measure to know whether you have achieved it or not yet achieved it.

**ACHIEVABLE** - It is something that has a definite end point? What will the trigger be when you KNOW you have achieved it? Make it concrete.

**REALISTIC** - Ensure your goal is something that CAN be achieved and his realistic for you. It has to be a stretch - but not such a huge leap that it is impossible.

**TIME-BOUND** - Put an end date on ALL your goals.

e.g. (for finance) “It's 30th July 2025 and I have turned over \$ 550,000 in my coaching / training / public speaking business for the year. I am living in a house I adore an own, have an amazing family surrounded by love and an inspirational group of friends who champion me and each other to keep growing. I have three competent and happy staff who work for me in the business. I am halfway through writing my book which is due to be completed ready for publishing on 1st December this year. I am healthy, active, challenged and vibrant in all areas of my life.”



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## Understanding the “why” of our Goals

### THE #1 SECRET TO CONSISTENT GOAL ACHIEVEMENT

Our Brains are efficient goal-achieving machines. With the right information, our unconscious can help us achieve new heights that we can barely imagine. But without this information, we just stay cycling around and around, stuck in what we “know” - our comfort zone. (Have you ever heard the saying, “better the devil you know”?!)

For many people, a lack of skill in building a strong, meaningful, detailed picture of what they DO want is the biggest barrier to achieve their dreams.

Let's be clear - so often the problem is not that we “can't” take the necessary steps to get what we want - it's that we don't know which steps to take because we don't actually know where we are going!

We now know, actions are crucial to achieve our goals.  
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.

**“The best way to predict the future is to invent it.”**  
- Alan Kay

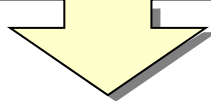


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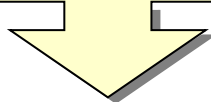
## Understanding the “why” of our Goals

Write Goal #1 Here:

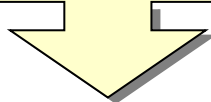
**Why do you want this Goal? What does it give you?**



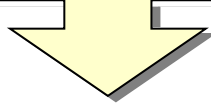
**And why do you want that? What does that give you?**



**And why do you want that? What does that give you?**



**And why do you want that? What does that give you?**



How will you know your Goal #1 is achieved?

What will this Goal help you feel?



## Understanding the “why” of our Goals

Write Goal #2 Here:

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

And why do you want that? What does that give you?

And why do you want that? What does that give you?

And why do you want that? What does that give you?

How will you know your Goal #2 is achieved?

What will this goal help you feel?



## Understanding the “why” of our Goals

Write Goal #3 Here:

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

And why do you want that? What does that give you?

And why do you want that? What does that give you?

And why do you want that? What does that give you?

How will you know your Goal #3 is achieved?

What will this goal help you feel?