



The Course to Change

Goal Setting Form

Make sure you have some time aside before you start this exercise. It can take up to 2 hours if you concentrate. Once finished, keep aside somewhere safe so you can reflect back in a few months.

Your Goal

What are you looking to achieve?

Are you doing this for yourself or for somebody else?

What does it feel like to succeed?

When do you believe you will succeed?

How do you believe you will succeed?

How Will You Know?

When it happens, what will you specifically see?

When it happens, what will you specifically hear?

When it happens, what will you specifically feel?



The Course to Change

Goal Setting Form (Page 2)

Your Motivations

What will it give you?

What will it do for you?

Why do you want this to happen?

What else will improve in your life?

What has stopped you from succeeding until now?

Ecology

When it happens, will there be anything or anybody at risk (i.e. health, other people, relationships, job, etc...)?



The Course to Change

Goal Setting Form (Page 3)

Positive Intentions

What will happen if you don't succeed?

What will happen if you do succeed?

If it doesn't happen, what will you lose out on?

If it does happen, what will you lose out on?

Resources & Route Inventory

What specific resources will you need? (Attitudes, internal states, support, etc...)

What resources do you already have? (Physical, emotional, mental, spiritual, financial, etc...)



The Course to Change

Goal Setting Form (Page 4)

Who inspires you? What would they do? How would they go about it?

What do you need to do to succeed?

What will you need to give up to succeed?

List all the steps you will need to take to succeed?

How many different ways are there to succeed?

How will you celebrate?

How will you keep on track & who will support you?



The Course to Change

Goal Setting Form (Page 5)

Timing

When do you believe success will happen?

When will you take the first step?

Future Pacing

Close your eyes & imagine stepping into the future, looking back at yourself today. Write down how you feel and the steps that you took to get there.



The Course to Change

Goal Setting Form (Page 6)

Close your eyes again. Now that you have succeeded, what do you see?

Close your eyes again. Now that you have succeeded, what do you hear?

Close your eyes again. Now that you have succeeded, what do you feel?

Finally, step out of the picture so you can keep the outcome as something you want to achieve in the future. What would you say to yourself now?

'If you try something and do not get the outcomes you want, it's simply feedback. You use that information to make finer distinctions about what you need to do to produce the results you desire' - Anthony Robbins