

12 July 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Goals & Strategies

*This week's challenge focuses on setting out what you want to achieve but may have stopped believing in because it hasn't worked out before or feels difficult. We can't always control the outcomes but taking action & having a plan is likely to have consequences as opposed to day-dreaming & wondering what if... So think about the short-term as well as the long-term when you set these out - what do you want to happen by the end of this year? In 2022? In 5 years time? Think about goals without an obvious timeframe too it's all about you want. Also remember that the answers to these questions may reveal the source of the self-sabotage....*



*Monday - What do you want to achieve & why? Is it for yourself, somebody else or because you 'ought to'? Is it time sensitive? What will you miss out on if you succeed? What will you miss out on if you don't succeed?*

*Tuesday - What do you want to achieve & why? Is it for yourself, somebody else or because you 'ought to'? Is it time sensitive? What will you miss out on if you succeed? What will you miss out on if you don't succeed?*

*Wednesday - What do you want to achieve & why? Is it for yourself, somebody else or because you 'ought to'? Is it time sensitive? What will you miss out on if you succeed? What will you miss out on if you don't succeed?*

*Thursday - What do you want to achieve & why? Is it for yourself, somebody else or because you 'ought to'? Is it time sensitive? What will you miss out on if you succeed? What will you miss out on if you don't succeed?*

*Friday - What do you want to achieve & why? Is it for yourself, somebody else or because you 'ought to'? Is it time sensitive? What will you miss out on if you succeed? What will you miss out on if you don't succeed?*

*Saturday - What do you want to achieve & why? Is it for yourself, somebody else or because you 'ought to'? Is it time sensitive? What will you miss out on if you succeed? What will you miss out on if you don't succeed?*

*Sunday - What do you want to achieve & why? Is it for yourself, somebody else or because you 'ought to'? Is it time sensitive? What will you miss out on if you succeed? What will you miss out on if you don't succeed?*