Goal Selection – Key Questions

1. What would you like to be able to do that you can’t do now?

2. How would your situation be better when you achieve your goal?

3. How long have you wanted the goal?

4. What have you done to achieve it?

5. What resources (personal, material, others) do you have to achieve it?

6. How committed (sacrifice) are you to achieving it?

7. What has kept you from achieving it?

8. What will you accept as proof that you are achieving it?

9. What is your action plan?