Goal Mapping Exercise:

1. Write out your desired outcome or goal. Create a positive statement that reflects on a result of a habit or behavior change. Make it Specific, measurable, action oriented, realistic, timed, evaluated, and rewarded
2. Ask yourself, what is my why? Is this really for me? Why is this goal important and juicy? Why do I care and why do I love my reason? Are there any should, need to’s, or have to’s present in my thought process?
3. What is my vision? What do I see in my mind, hear, and smell?
4. Identify what habits and action s are important to build in order to reach the desired outcome? What are the thinking habits? What are the doing habits? What learning needs to occur?
5. Identify what fears and obstacles exist. What has stopped me before? Why don’t I have this yet? What is unknown and scary?
6. What steps can I take to prevent and avoid these obstacles and fears?
7. What if I encounter a fear or an obstacle, what can I do to fix it or get back on track?