



What is it that you actually want?

Questions to ask yourself about your goal.

These questions are designed to be thought provoking and to get you really thinking about your goal.

1. What do you want, specifically?
This has to be in the positive (i.e. I want to feel excited about flying, not, I don't want to panic).
2. When, where and with whom do you want it?
Be specific, and ask each of these individually.
3. What resources do you have to accomplish this?
These are the internal resources, or skills you have (i.e. I've felt excited about a new job).
4. How will you know when you have it?
5. What will you see, hear, feel, smell or taste?
Make it as real as you can, so when you get it, you'll know how to have it.
6. What will you look like, sound like when you've got it?
As above, make it as real as you can.
7. What **will happen** if you get this result?
8. What **won't happen** if you get it?
9. What **will happen** if you don't get it?
10. What **won't happen** if you don't get it?
11. What do you get to have or keep by having this problem?
12. How do you know it's worth getting?
13. When, where, with whom does not having it work for you?
14. How will this affect your life? Family? Business or job? Friends?
15. What will be different as a result of having this?