

The questions are designed to make you really think about what you want. It might take several attempts to fill this in fully and you may find as you work through them that your goal changes. That is perfectly ok.

When a questions tells you to think about a certain number of answers that is deliberate to make you think harder and get below the surface of what you want. Make sure you come up with at least that many. You may find some repetition between the answers. That is ok as it just reinforces what is important to you.

In order to get the best out of this workbook read through all of the questions and then spend some time thinking about them before you fill it in. When you are ready invest some time in yourself, find a calm place and start your journey towards your best life.

If you can't print this out then write the questions and answers out yourself. The act of writing can really help your commitment.

What is your dream or goal that you want to achieve?

- Make it long term. E.g. Instead of start my own business set a goal of running a successful business; instead of lose 3 stone set a goal of be at my target weight for 1 year (or life 😊)
- Be very specific e.g. if it is a financial goal don't say I want to save money say I want £1,000 in a savings account and to have cleared my 2 credit card debts
- If it is a really big goal think about how you can break it down into steps but still keep the end goal in mind e.g. I am going to be at my target weight for a year in 2 years but I will have lost 5 stone by the end of this year.

---

---

---

---

---

---

---

Why is this goal important to you? Why do you want to focus on it now?

---

---

---

---

---

---

---

How will you **feel** when you achieve that goal?

- Write down 10-15 ways that you will feel different e.g. more confident, less worried about money etc. Don't stop until you have at least 10

---

---

---

---

---

---

---

---

---

---

What will you **do** differently when you achieve this goal?

- Write down 10-15 things that you will do differently e.g. go on more holidays, have a better social life.. Don't stop until you have at least 10

---

---

---

---

---

---

---

---

---

---

When do you want to achieve this goal? Are there milestones on the way?

- Be very specific about what you mean and think about how you will measure what you have achieved
- Make sure you stay focussed on the end goal e.g. a date to hit target weight but a later date to still be at target
- BE REALISTIC!!!!

---

---

---

---

---

---

---

---



What are you prepared to stop doing in order to achieve this goal?

- Think of at least 5 things that you will stop or reduce doing e.g. playing games on your phone

---

---

---

---

---

---

---

---

---

---

What are you **not** prepared to change in order to achieve this goal?

- Think of at least 5 things that you need to protect or keep doing e.g. going to the gym if exercise is important to you, or time with your partner or children

---

---

---

---

---

---

---

---

---

---

Who are you going to tell about your goal? Who are you not going to tell?

- It can really help to share your goal with people to help keep you focused and accountable
- If you are not going to share it – be clear about why? Is it because you are preparing for failure? If so then go back through some of the earlier questions and think about if it is what you really want. If it is then prepare for success and not failure! Tell the world what you want.

---

---

---

---

---

---

---

---

---

---

Whose help do you need to achieve this goal? What are you going to ask them to do?

- Think through friends, family, colleagues and anything that you need them to start doing or stop doing in order to support you.
- If you start making excuses – what do you want them to do?
- Be clear about how you are going to ask them and be very specific with them

---

---

---

---

---

---

---

---

---

---

What would make you walk away from your goal?

- Think through what would happen that would mean it was ok you stopped working towards your goal. Be honest with yourself.

---

---

---

---

---

---

---

---

---

---

If you have completed this questionnaire in full you will have a really good understanding of what exactly what your goal is and why it is important to you.

You will also probably have started thinking about the actions you need to take to start working towards it. Next month I will have a new worksheet for you on action planning but I realise you are going to want to get moving towards your goal now.

The first step is to rewrite your goal following completion of the questionnaire. Make sure it is specific and includes a timescale.

My goal is.....

---

---

---

---

---

Now think through 2 or 3 actions you can take now to start your journey to your goal. This might be doing a detailed plan, it might be telling people, it might be research. For each action it is vital that you have 3 pieces of information

a – What will I do?

b – When will I do it?

c – Who will know? Who will keep you accountable? If you don't want to tell anyone – think about why? Are you preparing to fail? Believe in yourself and go for it!!!!

Action 1

a – What will I do? \_\_\_\_\_

---

b – When will I do it? \_\_\_\_\_

---

c – Who will know? \_\_\_\_\_  
\_\_\_\_\_

## Action 2

a – What will I do? \_\_\_\_\_  
\_\_\_\_\_

b – When will I do it? \_\_\_\_\_  
\_\_\_\_\_

c – Who will know? \_\_\_\_\_  
\_\_\_\_\_

## Action 3

a – What will I do? \_\_\_\_\_  
\_\_\_\_\_

b – When will I do it? \_\_\_\_\_  
\_\_\_\_\_

c – Who will know? \_\_\_\_\_  
\_\_\_\_\_

I'd love to know what your goals and actions are. You can share via social media or via email (details can be found on [www.mebestlife.co.uk](http://www.mebestlife.co.uk)). I will be sharing my goals and actions on my social media pages over the next few weeks.

Good luck!!