A black and blue logo

Description automatically generated

**Setting goals**

*Answer the questions briefly, strongly and positively.*

Question 1: What do you want to have achieved in 6 months?

Question 2: What do you want to have achieved in 1 month?

Question 3: What do you want to achieve today?

Question 4: What or who do you need to achieve your goal?

Question 5: What keeps you motivated to never let go of your goal?

Question 6: On a scale of 1-10 where 1 is no confidence and 10 is a lot of confidence, how confident are you that you will achieve your goals?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
|  |  |  |  |  |  |  |  |  |  |

***Make sure you use your strengths!***