



What do I really want (clarify like you are talking to a 5 year old)?

Visual – What will you see that will let you know you have achieved your goal? (3 different things)

1. _____
2. _____
3. _____

Auditory - What will you hear others say about you? What will you be saying about yourself?

Kinesthetic – How will you feel when you have achieved your goal? (one feeling)

Action Steps – What action steps need to be taken to accomplish your goal?

1. _____
2. _____
3. _____