



The Skillful Mind

Confidence Mastery for Everyday Life



To find your powerful WHY ask these six questions..

- Why do you want this goal? Why is important to you?
- What would it mean to you personally, if you accomplished this goal?-How would you feel?
- How would you feel if you didn't accomplish your goals?
- What sort of person will you need to become to reach this goal?
- How would your life change if you accomplish this goal?
- How will this goal impact your family and those you love?