



The Skillful Mind

Confidence Mastery for Everyday Life



The First step in Goal Setting

Why do you want this goal? What will it give 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 goal?

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?