Goal:

1 **Target:** **Weapon:** **Launch Date:**

Why: Do not launch until you have used the Visualization and Affirmation exercises for at least 1-3 week(s)

2

Benefits of pursuing and achieving my goal	Drawbacks of pursuing / achieving my goal
5 **Visualize, Feel the Feelings**	6

7 **What will it cost me if I don't achieve my goal? (Visualize, Feel the Feelings)**

Emotionally, Self Image, Physical, Self Esteem, Financially, Relationships, Career, etc? How does that make me feel?

4 **Questions:**

Are the rewards worth the risks?		Is this goal worth my time and effort?		Is this a good time?	

How will my daily life be affected?

How will my family and friends be affected by my pursuit and attainment of this goal?

How will my career be affected by my pursuit and attainment of this goal?

Weapons and Methods (Steps to take)	Reward	Drawbacks/Must give up to achieve the step
3		