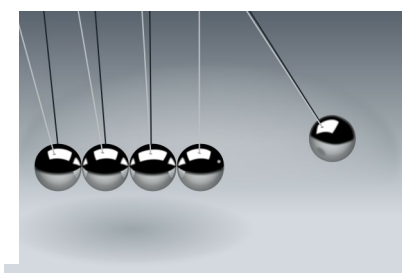




# GOAL SETTING

MODULE 6: GOAL SETTING MOTIVATION  
HAVING A BIG ENOUGH REASON TO MAKE IT  
HAPPEN

Action Steps... Getting  
closer to reach my  
goal



## ACTION STEP

In order for you to reach your goals, having the motivation to do it and make it happen will definitely give you the desire to keep on going! Allow yourself to be motivated by finding 3 motivational reasons and 3 end desire reasons:

1. My 3 motivational reasons to make this happen include: (Motivational reasons are about you and what moves you. It can be anything from conditions to people to moments or feelings)

A.

B.

C.

2. My 3 end desire reasons to make this happen include: (The end desire reasons are reasons about how you see yourself as a person when you reach your goal. Those reasons can be anything from feelings to moments that you will get to experience—in the future tense. Think of them as aspirations to get to your goal.)

A.

B.

C.