

GOAL THOUGHT JOURNAL

HOW TO USE

A huge part of why people never reach their goals is the fact that they don't actually believe they can.

Maybe you've thought something like, "I'll believe it when I see it."

But what if you had to believe it *in order to* achieve it?!

First you'll rank your confidence at reaching your weekly/monthly/annual goal on a scale of 1-10. Then this journal will help you get clear on the thoughts that you're currently having, likely ones of self-doubt and limiting beliefs that are holding you back from making your best effort.

Then you'll ask yourself if, hypothetically speaking, you *knew* you would achieve that goal, what would you be thinking then?

This allows you to entertain the idea that a different outcome is possible and see the how changing your thoughts could make all the difference.

The magic is in the frequency so commit to 5-10 minutes per day for 30 days and see just how much can change when you change your thoughts.

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Date:

Goal:

Confidence: 1 2 3 4 5 6 7 8 9 10

Commitment: 1 2 3 4 5 6 7 8 9 10

What thoughts are you having that lead to you choosing those #s?



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If you were 10/10 confident that you were reaching that goal no matter what, what thoughts would you be having?

