

Getting Clear Objectives – 10 Easy Questions to Help You

1. What do you want? (Example – I want to breathe easier and have no coughing in the morning)
2. What will that give you or provide you with? (Example – I will be healthier and have more \$)
3. How will you know when you have it? What will you see, feel, hear, external things, internal things, in how many days?
4. What are the advantages in reaching your goal?
5. What are the disadvantages in reaching your goal?
6. What obstacles do you face in reaching your goal? (List them with a list of possible solutions)
7. What stops you from doing this already?
8. What resources do you already have that will help you reach your goal? (Family and Friends that support you, MP3's to listen too, walking to release stress, etc.)
9. What else do you need to reach your goal?
10. How are you going to get there? What is your first step? Be specific and achievable.