

## Authentic Goal Worksheet

We are going to look at each area, one at a time, considering the following points and then the actions you selected in Part One. You may want to write down what you feel and notice at each stage.

First area of life:	
If it was in a great state it would look like:	
Imagining it in a great state, I feel:	
My goal for this area of my life is:	

First Action for this goal:	
When I think about it, it makes me feel:	
Second Action for this goal:	
When I think about it, it makes me feel:	
Third Action for this goal:	
When I think about it, it makes me feel:	

Second area of life:	
If it was in a great state it would look like:	
Imagining it in a great state, I feel:	
My goal for this area of my life is:	

First Action for this goal:	
When I think about it, it makes me feel:	
Second Action for this goal:	
When I think about it, it makes me feel:	
Third Action for this goal:	
When I think about it, it makes me feel:	

Third area of life:	
If it was in a great state it would look like:	
Imagining it in a great state, I feel:	
My goal for this area of my life is:	

First Action for this goal:	
When I think about it, it makes me feel:	
Second Action for this goal:	
When I think about it, it makes me feel:	
Third Action for this goal:	
When I think about it, it makes me feel:	