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Discussion questions for “Achieving Goals – Show Me How!”

Set Goal(s) **“What Do You Want For Yourself?”** (WDYWFY)

What does success look like for this goal?

Does the anticipation of achieving your goal fill you with excitement, make you feel more alive, or give you a feeling of contentment? If so, keep going.

If not, carefully examine your goal. The goal may need to be better defined, or success may not be clearly enough defined. Re-examine your WDYWFY and how you define success in your goal.

If your goal makes you feel pinned down, obligated, or like a large sigh just filled the air around you, it may not be your true goal. In fact, it may be someone else’s goal for you, or an expectation you’ve tried to make your own, but which simply doesn’t fit. Go back to WDYWFY and choose a goal which ignites your passion. Even a slight change in how you define success can make the difference between obligation and anticipation.

What are you willing to exchange to reach your goal?

Say “No” to something good, so you can say “Yes” to something great.

What assumptions, attitudes, beliefs, or self-sabotage must you replace in order to be the person you envision in your future?

What can you do right now to start moving toward your goal?

How can you nix the “All or Nothing” mantra and begin taking steps to your goal?

It’s building a new habit that counts, not how much/little you can accomplish right away.

What accountability methods work for you?

Any tool which works for you is a good one. i.e. steps/dates in calendar, creating timeline with action steps/completion notes, checklists, tracking systems, journaling

This tool can give you a reality check, and as time passes, show your progress.