

GOALS

THIS EXERCISE HELPS CLARIFY YOUR OBJECTIVES BY REVEALING THEIR UNDERLYING MOTIVATIONS. BY SETTING A GOAL AND THEN ASKING "WHY?" FIVE TIMES, YOU EXPLORE THE DEEPER REASONS BEHIND YOUR ASPIRATIONS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?

