

Goal Setting:

So now that we have our goals in our 4 areas chosen, we now are going to specify which one of these goals you want to work on. The last thing we want is to burn out about the goals we want to achieve.

If you feel that you want to work towards more than one goal, go for it. Just remember that if you are feeling burnt out or overwhelmed, you can always change your goals or reduce it back to one.

My FOCUS goal(s):

1.)

2.)

Man is made by his belief. As he believes, so he is!

Journaling Sheet for Identifying Limiting Beliefs:

Questions to reflect on while writing:

- 1.) What is holding you back from reaching your dreams or the life you have always wanted?
- 2.) What areas do you think you are not good enough to get what you want?
- 3.) Why don't you deserve to get what you want?
- 4.) Why will things not change for you?
- 5.) What are you scared of?
- 6.) What obstacles do you face when you think about reaching your goals?
- 7.) What is keeping you stuck?
- 8.) What is preventing you from changing and reaching your goals?
- 9.) What area in your life do you struggle the most with?
- 10.) What might go wrong while you are reaching for your dreams?
- 11.) What do you believe about yourself?
- 12.) How would you describe yourself?
- 13.) Do you believe you deserve good things in your life?
- 14.) What areas in your life are you unhappy about?
- 15.) What do you think holds you back?

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is!

After your writing exercise is complete and you have identified what limiting beliefs do you think you have?

1.)

2.)

3.)

4.)

5.)

6.)

7.)

8.)

"Let go of things that no longer serve you!"

Homework checklist for the week:

- Intro video watched for Lesson 2
- Read notes over for Lesson 2
- Completed journal entry exercise
- Identified limiting beliefs
- Identified if you are going to work on 1 or several goals
- E-mailed a copy of your goals



"When you stop learning, you stop growing!"