

# COMPASSIONATE GOAL SETTING

What is the goal you want to achieve?

Why do you want to accomplish that goal? (Be generic).

Next, take your answer above THREE degrees deep.

But really, why?

Dig deeper, why?

Go deep, why?

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Based on your digging above, write down your true why:

Looking at your true why, is it rooted in love? Or shame? If the true why isn't positive, is there a more loving path to get where you want to be?

# KEEPING IT REAL

What is the most realistic picture of my needs/limitations in this season?

Based on that, do I need break this down into smaller goals to maintain momentum?

What is the most empowering view of my strengths?

Based on your answer above, create affirmations to remind you of the power you have to achieve this goal:

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

(DON'T FORGET TO PUT THESE AFFIRMATIONS SOMEWHERE YOU'LL SEE THEM DAILY!)  
YOU GOT THIS!