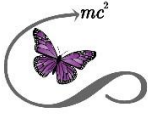


The Success Trap - Why You Feel Stuck



Transformational Change

DAY 1 - Setting an ambitious goal.

Here we want to think beyond “safe” goals.

- 1) If you removed all limits – time, money, skill, fear – what would you truly want to create or achieve in your life? What do you want “Someday”?

How do you want to live? Once you have your goal written down ask yourself, “Why do I want this”? Write down 7 answers that come to you. **The final answer that comes is your real “why.”**

2) What has been holding you back from pursuing this at the level you know you're capable of?

TYPES OF GOALS:



Type A Goal | A goal you know how to achieve.



Type B Goal | A goal you think you can achieve.



Goal Type C | Your desire. The goal you truly want.

A C-type goal comes from your heart.



Write your goal on your goal card , starting with: I am so happy

and grateful and happy right now that

MY GOAL _____ 20____

I'm so happy and grateful now that...

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Make sure your goal is written correctly:

- The goal should be written in the present or the past tense (like its already completed)
- The goal must be specific and measurable (how will you recognize the day when you will achieve your goal?)
- A goal should have a date by which you plan to achieve it.