

Module One: The Power of Mindset

GOAL DRAMA

In your own words, what is the purpose of a goal?

For your life, what is the point of setting goals?

Imagine you go all in. You get to the end of the 90-days but you haven't succeeded in hitting your goal, what will you make that mean? What would be your first response?

What would you say to yourself?

What judgement or comparisons would you make?

Who would you want to blame for not hitting your goal?

What do you imagine other people will say or think of you if you don't achieve your goal? What will you make their comments mean?

What emotions do you imagine will surface?

How do your thoughts about failure affect how you feel about your goal? Does your goal feel exciting and challenging or does it feel high risk, life or death?

Think of a time when you didn't hit a goal.
What happened?

What did you learn?

What was the most painful or challenging
part of the process?

Win or lose, success or failure, what do you want to gain from the experience of going all in on your 90-day goal?

Is there any reason why you wouldn't want to attempt your goal?

Is your goal worth the risk of all the bad things that you might experience?

Create a plan for how you'll show up for yourself if you don't achieve your goal. How will you talk to yourself? How will you celebrate the effort you've put into it?