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| **4 - LIMITING BELIEFS (Mooring lines)** | **SUPPORTING BELIEFS** |
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| **1 – Vision** | |
| What's the Vision | |
| : | |
| **2 - Why** | |
| Why is it important | |
|  | |
| **2a – Who Else** | |
| Who are the top 2 or 3 other people would directly benefit from you achieving this vision | |
|  | |
| **2b – Why for them** | |
| Why would they directly benefit from you achieving this vision | |
| : | |
| **3 - OBSTICLES** | **STRATEGIES** |
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| **5 - TACTICS** |  |
| **HABITS -**  Are there habits that can support me |  |
| **SKILLS**  Do i need to acquire some skills that will help me |  |
| **WHO**  Who has achieved this goal or has the resources to help me achieve this goal faster |  |
| **HOW**  How can i achieve this goal |  |
|  |  |
| **Step 6** | **90 DAY ACTION GOAL’s - -5 (5 being the Max)** |
| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |

**7 – WHATS THE FIRST NEXT STEP- (In the next 7 days)**

|  |  |
| --- | --- |
| 1 |  |