



# Understanding Our Goals

## The "Why" Of Goals

## Management Insight

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Whether we achieve our goals depends on whether we take action. But what decides whether we take action in the first place? How motivated you are! So, simply **pick your Top 3 goals**, then **answer the questions below**. Keep writing even if you repeat your answers. The information below will help you feel clear, focused and more motivated to achieve your goals.

Write Goal No. 1 Here:

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Write Goal No. 2 Here:

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Write Goal No. 3 Here:

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Why do you want this Goal?  
What does it give you?

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What does it give you?

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Why do you want this Goal?  
What does it give you?

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And why do you want that?  
What does that give you?

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And why do you want that?  
What does that give you?

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What will this goal  
help you feel?

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Scratch Paper: