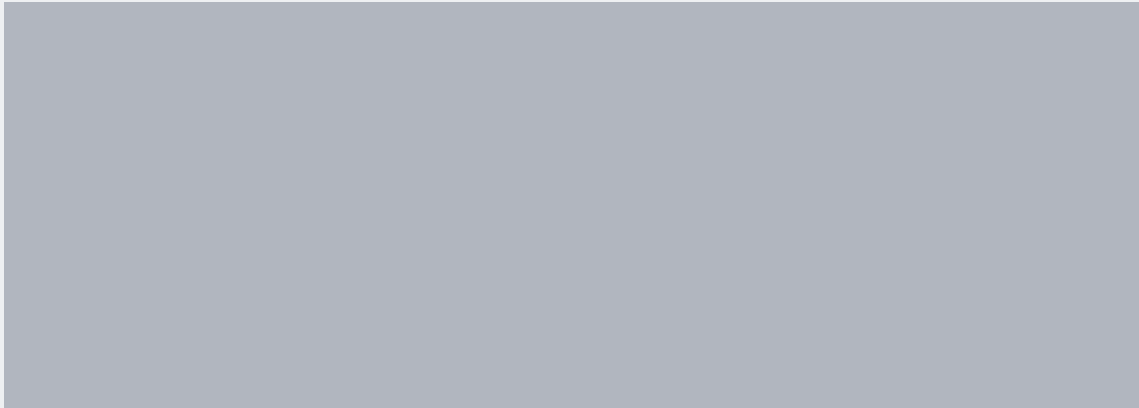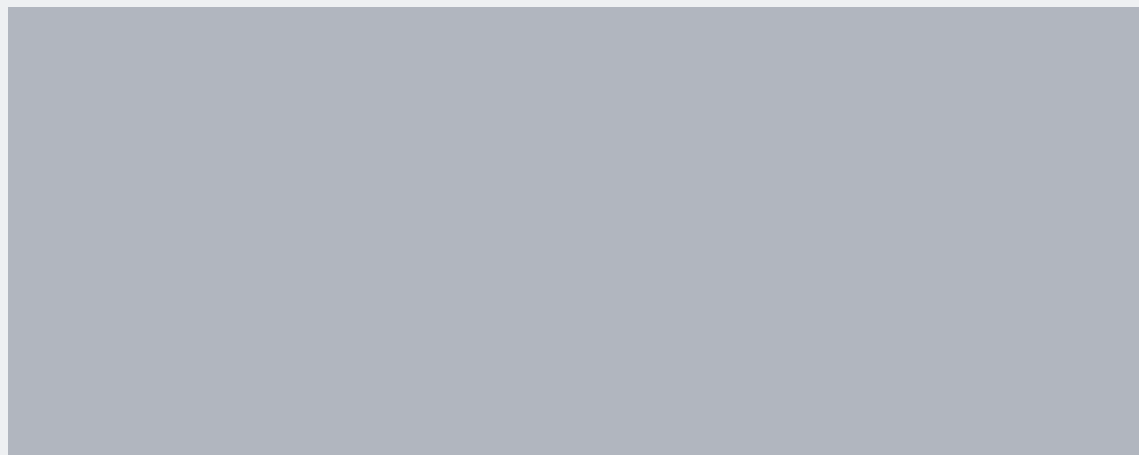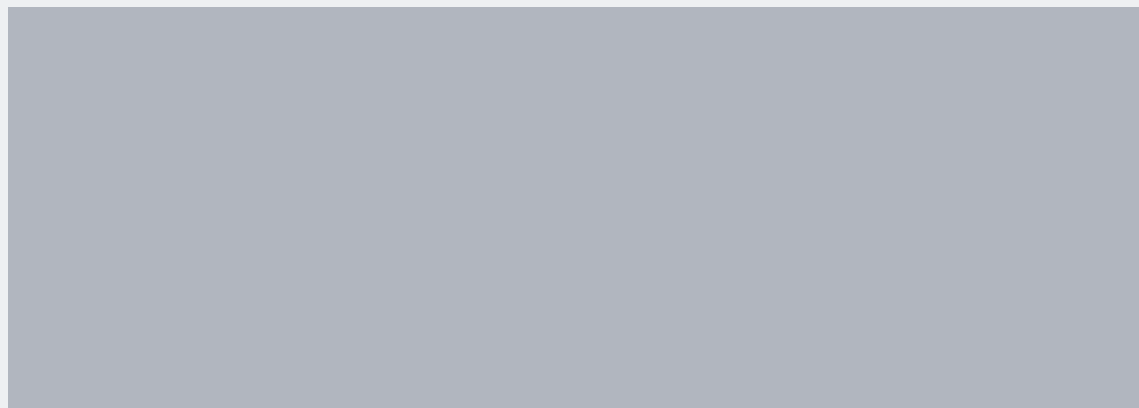What is the goal you would love to take action on and complete?

What are the real motives behind your goal? Are your motives purely for you, or for someone or something else?
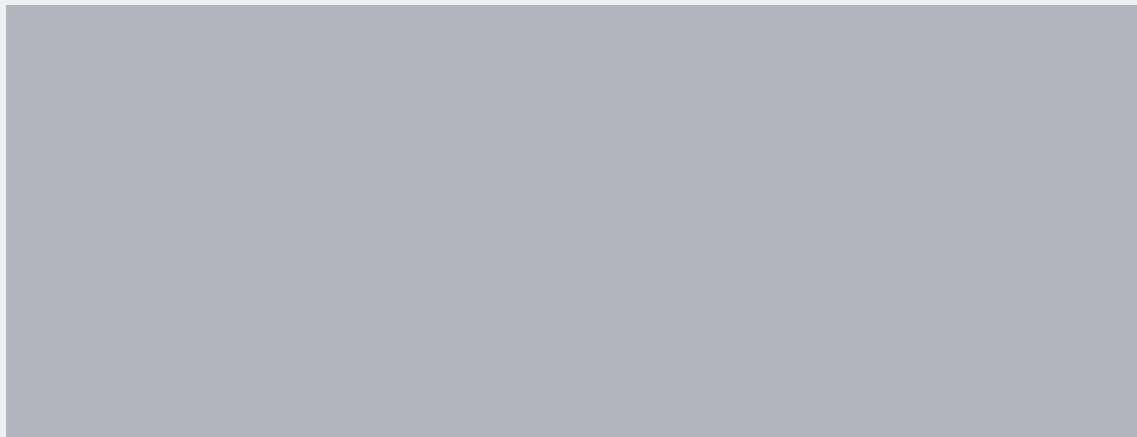
Are you working on this goal because you want to perform better than others or because you want to improve yourself?
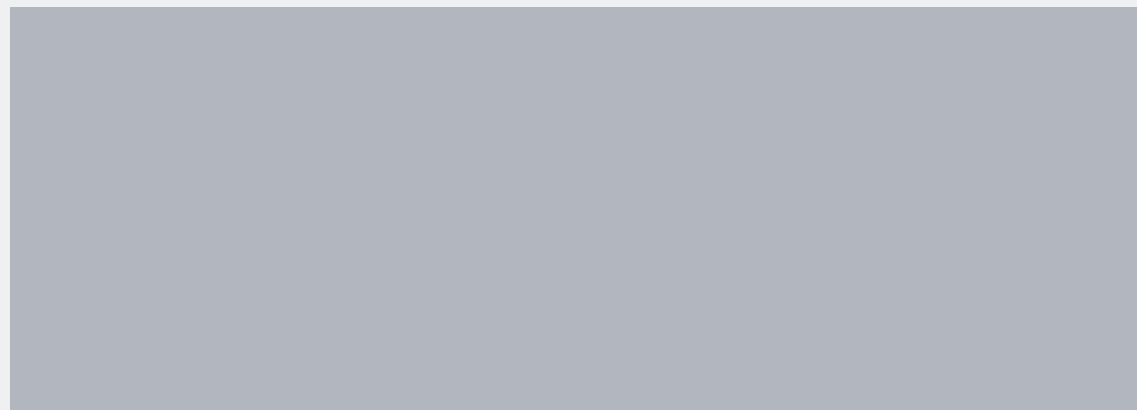
Why do you want to achieve this goal? Why is it important to you?

Take some time now to reframe your goal in a way that's more exciting and emotionally connecting.
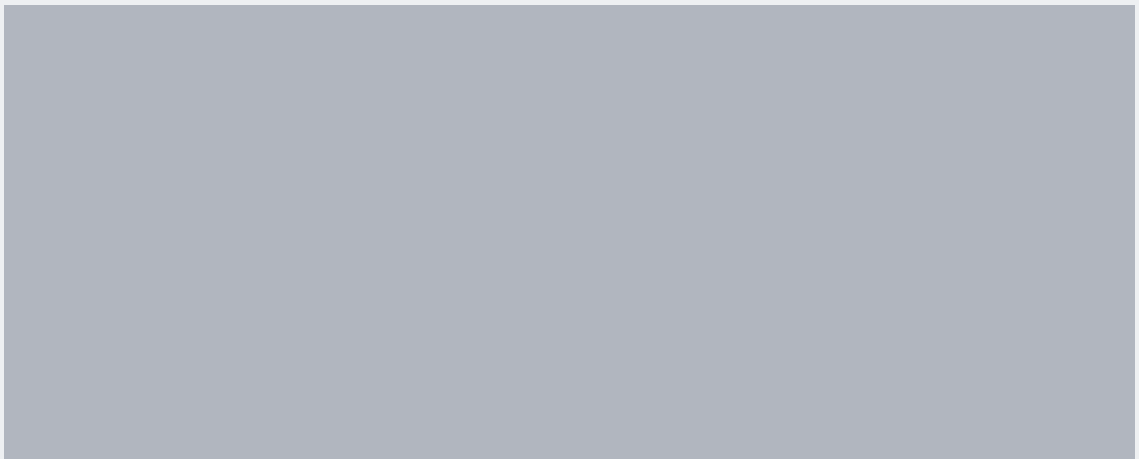
What knowledge and skills do you already have that could help you achieve your goal once and for all?
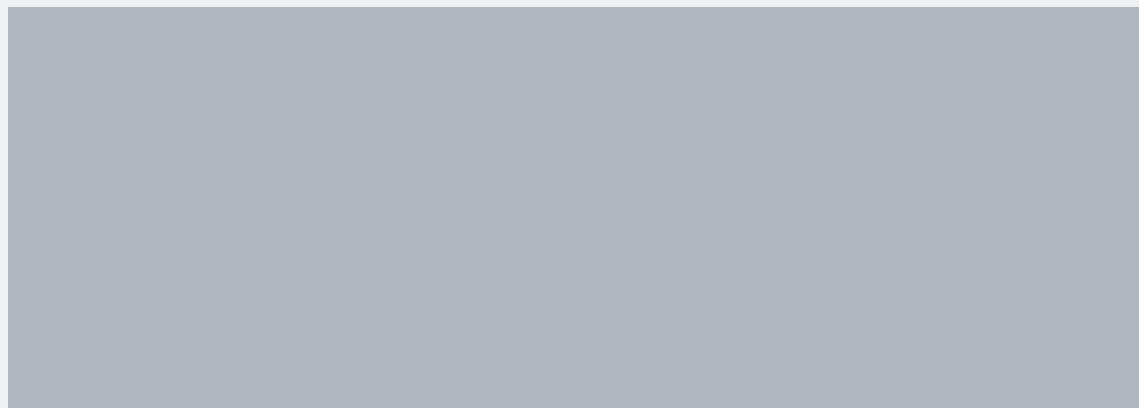
What time in the day do you feel that your energy levels are at their highest and lowest?
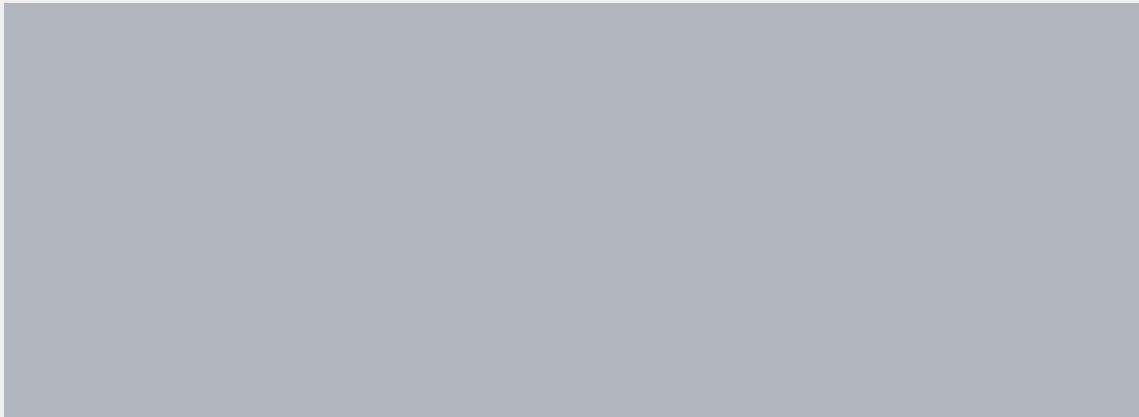
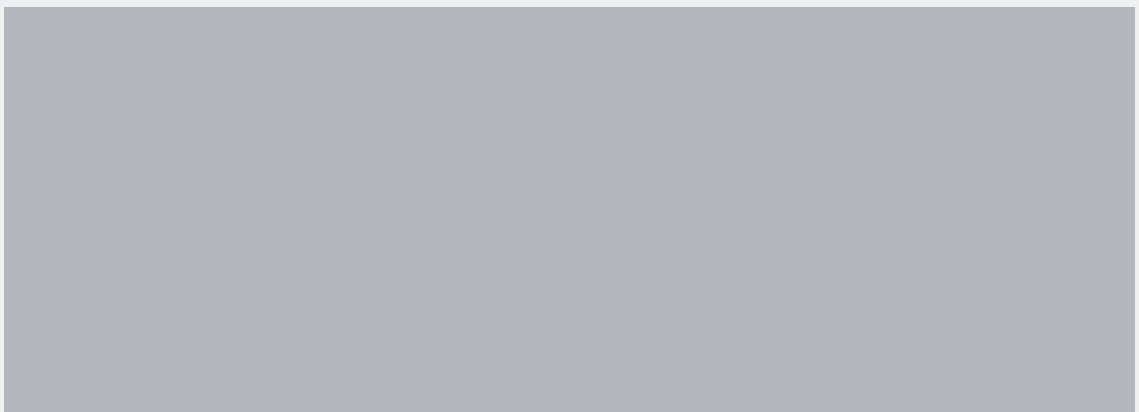What days during the week do you feel more energetic or tired?

Are there certain points of the month (i.e. the start of your cycle) where you feel more energetic or more tired?

Are there any activities/people/habits etc that you feel increase or deplete your energy? How could you increase or decrease these?

What or who makes you feel rested and recharged?

Do you set out time to rest and recharge? If not, why not? How can you incorporate more time for rest and recharging into your schedule?