



Private Counselling In Havering

Kylea Sustek

Understanding Our Goals & Why we want the change.

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**, and 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:

Write Goal No. 2 Here:

Write Goal No. 3 Here:

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

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

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

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<p>What will this goal help you feel?</p>	<p>What will this goal help you feel?</p>	<p>What will this goal help you feel?</p>
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As you see, the question; '**And why do you want that? What does that give you?**', is repeated several times.

This is because we often answer a question with **one** simple answer. However, as you will see once having completed this tool, you would have created various answers/reasons, from that **one** initial goal.

For more self-help resources, or information on how Counselling could help you, visit:
www.kyleasustek.com