



Committing to Goals

Eight questions to ask yourself before committing to a goal (or a person or anything for that matter).

1. Think about something you really want. A desired thing, experience, person or place. A goal.

2. Hold that in your mind and ask yourself these questions:

- Does going after this goal make you feel like you're making progress? Like you're growing? Like you're moving forward?
- Does this desire make you feel more like yourself? Why?
- Do you think you'll feel freer when you achieve this? Why?
- Does going after this goal (not reaching it, but the actual pursuit of it) light you up, even if it means hard work?
- Does this opportunity clearly create more opportunities?
- Does saying no to things so you can pursue this goal ultimately make you feel lighter?
- Do you feel in total integrity about this goal?
- How will achieving the goal make you feel?
- How do you want to feel?