



REFLECTION QUESTIONS ON ACHIEVING

1) How do we breakdown this goal into achievable steps/tasks?

2) What is the one/first thing you need to get 'the ball rolling'?



3) What do you think you need to 'learn' in order to achieve your next steps?

4) How can you stay focused?



5) How do you think the outcome would be?



REFLECTION QUESTIONS ON PERMISSION

1) How have you held yourself back from achieving things before now?

2) What habits do you have that may be sabotaging your success?

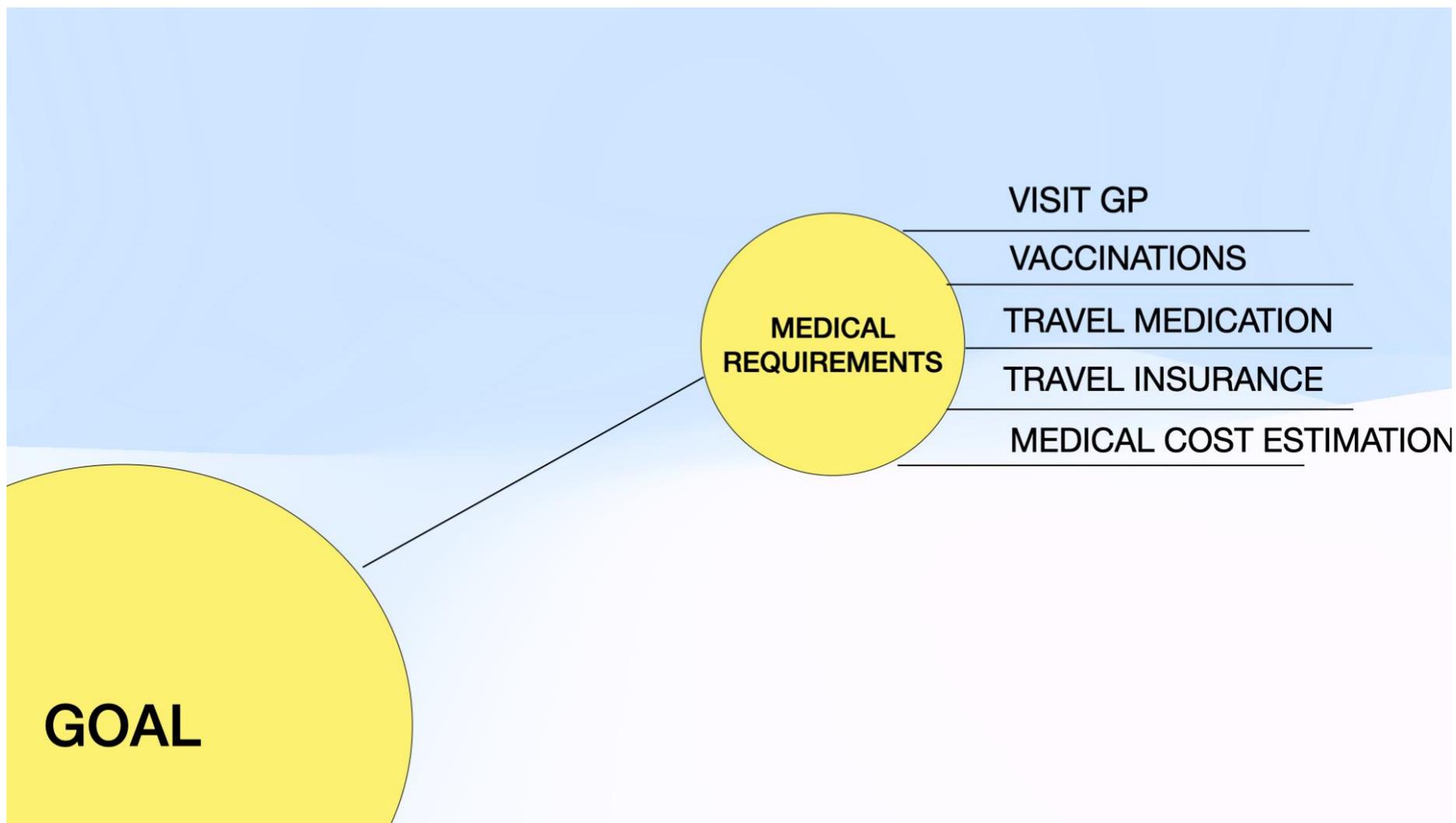


3) Do you feel comfortable with owning up to your desires and accepting them as your own?

4) Do you negate what you want by thinking the opposite (e.g., using 'BUT')?



Please use extra space if required





Notes: