

DAY 1

WHAT EXACTLY DO YOU WANT- WHAT ARE YOU COMMITTED TO FOR 3-6 MONTHS?

WHOSE GOALS ARE THESE? BE REALLY CLEAR THAT THEY BELONG TO YOU OR ADJUST THEM!

DAY 1

3 GOALS: 1- 10 SCALE OF WHERE YOU ARE IN RELATION TO THESE GOALS?

GOAL 1:

1 2 3 4 5 6 7 8 9 10

GOAL 2:

1 2 3 4 5 6 7 8 9 10

GOAL 3:

1 2 3 4 5 6 7 8 9 10

DAY 1

TREE OF VALUES:

**1. WHAT ARE THE ROOTS OF YOUR TREE? 3-5
VALUES THAT DRIVE YOUR GOALS YOUR WAY
ON YOUR TERMS:**

WHY DO THEY MEAN SO MUCH TO YOU?

DAY 1

TREE OF VALUES:

2.WHAT IS THE TRUNK OF YOUR TREE MADE OF?

WHAT IS THE EXPERIENCE OF LIVING BY THESE VALUES AND WHAT DO THEY LOOK LIKE IN ACTIONS TO BUILD OUT THIS TREE?

WHAT DO THESE ACTION STEPS FEEL LIKE TO YOU?

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TREE OF VALUES:

WHAT WOULD YOUR DAY TO DAY LIFE LOOK LIKE?

HOW WILL YOU KNOW IF IT'S WORKING?

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TREE OF VALUES:

3. WHAT DO THE BRANCHES AND FRUITS LOOK LIKE?

WHAT ARE THE BENEFITS THAT WILL COME FROM FULFILLING WHAT YOU WANT TO LIVE BY AND CREATE TOWARDS YOUR GOALS?

WHAT DO YOU SEE EMERGING FROM THESE GOALS BEING MET AND YOU GETTING WHERE YOU WANT TO GO?

DAY 1

**GO BACK AND REVISIT YOUR INITIAL GOALS
AND SEE IF ANYTHING HAS CHANGED OR NEEDS
TO BE TWEAKED AND WE WILL BE BACK
TOMORROW FOR DAY 2!**