

1. How would you rate your current level satisfaction in the following areas of your life from 0-10?

Business/ Career

Finances

Health

Family and Friends

Romance

Personal Growth

Fun and Recreation

Physical Environment

2. What is meant by the “physiology of excellence” and why is it important?

3. What are the 9 keys to achievable outcomes?

(see page 13 of the NLP world manual for help)

1.

2.

3.

4.

5.

6.

7.

8.

9.

GOAL SETTING EXERCISE

Use the spaces below to create some SMART goals for yourself

4. What *specifically* do you want?

5. Where are you now in relation to this goal?

6. What will you see, hear, feel etc... when you have it?

7. How will you know when you have it?

8. What will this outcome get for you or allow you to do?



Module 2.1 Setting Goals That Work

9. Is it only for you? I.e. Is it self-initiated and self-maintained?

10. Where, when, how and with whom do you want it?

11. What resources do you have now and what resources do you need to achieve your outcome?



Module 2.1 Setting Goals That Work

12. Have you ever had or done this before?

13. For what purpose do you want this?

14. What will you lose or gain if you have it?