

Setting Your ‘Super Charged’ Goal!

Listen to the audio and complete the sections below to create your powerful ‘super charged’ goal that will support and motivate you as you progress through this programme.

Your Current Goal:

Your Future Self:

How Do You Feel?

What Do You Look Like?

What Are You Doing?



What Are You Doing That You Couldn't Do Before?

What Have You Been Able To Stop Doing?

How Are You Reacting To/Interacting With Those Around You?

How Are Those Around You Reacting To/Interacting With You?



What Does Your Surroundings & Life Look Like Now?

Your Future Goal:

It is now …….. and I am happy because