

4. Think of a goal that you feel challenged to achieve:

5. What's your attitude about this goal?

6. What specific challenges are preventing you from achieving your goal:

7. For each challenge, brainstorm possible solutions.

8. Pick your most viable solution, create a plan to implement it, and get started.

9. Use Positive Self-Talk: What can you tell yourself to help you achieve the goal?

10. Take Control: What are some steps you can take to get control as you move toward your goal?

11. Compose your own affirmation that will help you work toward your goal:

12. Who can you talk to about your goal? Can you find a mentor who may be able to help you move forward? Who?