Reaching Your Goals
Richard Rupp, M.Div., MFT
“A goal without a plan is only a wish.”

Three goals in the next 30-90 days
1.
2.
3.

The benefits of reaching these goals:
1.
2.
3.

What holds me back from progress toward these goals?
1.
2.
3.

Three practical steps that I will take for progress toward each goal:
Steps to Goal 1.  A.
   B.
   C.
Steps to Goal 2.  A.
   B.
   C.
Steps to Goal 3.  A.
   B.
   C.
What do I like about myself?
1. 
2. 
3. 

What do I not like about myself?
1. 
2. 
3. 

How do your answers to the above question affect your progress in your life, happiness and goals?

What are the worst things I say to myself?
1. 
2. 
3. 

What are the best things I can say to myself every day?
1. 
2. 
3. 

It’s your choice:
You can believe the worst about yourself or the very best about yourself. You choose.
You can believe the worst about others or the very best about others. You choose.
You can believe the worst about your future or the best about your future. You choose.

Goals can have added significance if they also include a benefit to someone else or a cause for a greater good. Which of your goals will also make someone else’s life better and happier? How or why?

Goals move us forward in life (just as they do in basketball and soccer). Celebrate every step you take toward your goals. The journey is part of the process. Enjoy the journey. Learn and grow along the way. Keep faith over fear, optimism over pessimism.

“Be yourself—everyone else is already taken.”

get Life Coaching for Reaching Your Goals

contact Rick Rupp at 626-449-1419