1. What do I want? Frame it in the positive in detail below:

* Is it achievable?
* How will I know I have achieved it?
* Imagine having it now

2. See, feel and hear having this goal right now

* What will it get for you or allow you to do? On a scale of 1 to 10 how much do you want it?
* Is it within my control and am I doing it for myself?

3. Where, when, how and with whom do you want to achieve this?

4. What resources do I need?

5. Have you ever had or done this before?

* Do you know anyone who has?
* Can you act as if?

6. Eco-check – if I could have it now would I take it? Consider the cost for me and those around me in me getting this goal.