

# Becoming a Goal Achiever

## Session 1(16)

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**I AM A**

**GOAL ACHIEVER**

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Your name

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Today's date

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## The Wheel of Life

This Wheel of Life will help you visualize your areas of longing and discontent in life.

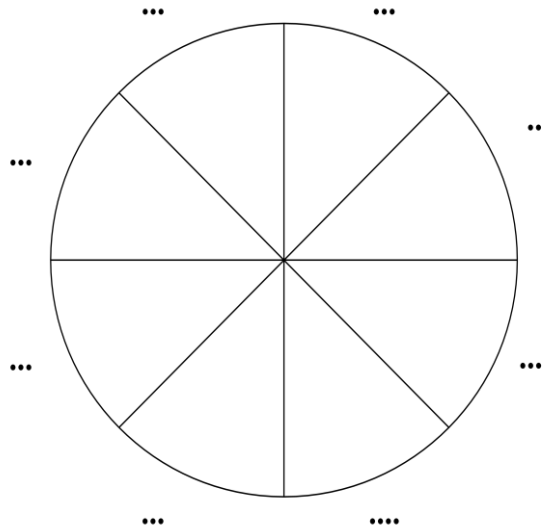


Figure 1: Empty Wheel of Life

Each segment of the wheel represents an area of your life, or a role that you have. It may be a combination of areas/roles that you prioritize.

Choose the title of your segment according to the priorities in your life. It could look like this:

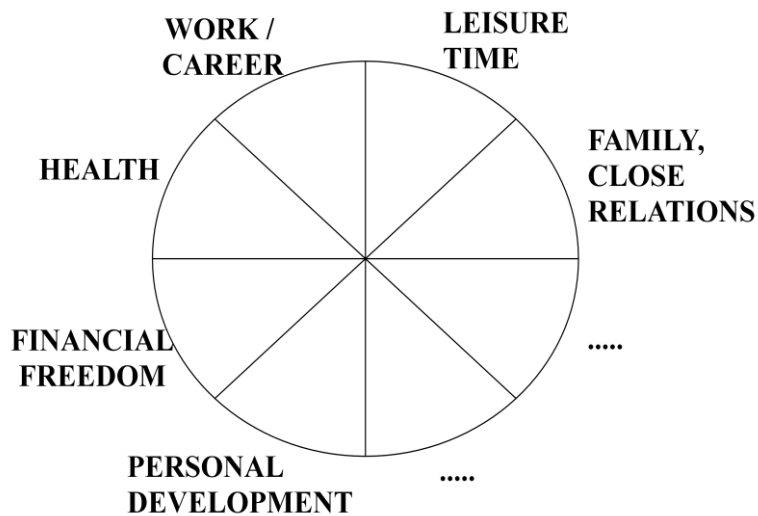


Fig. 2: Example of areas of life

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Thereafter you measure your own level of satisfaction in each area.

Take a pencil and shade the segment from the inside out, to reflect the level of satisfaction. See example below.

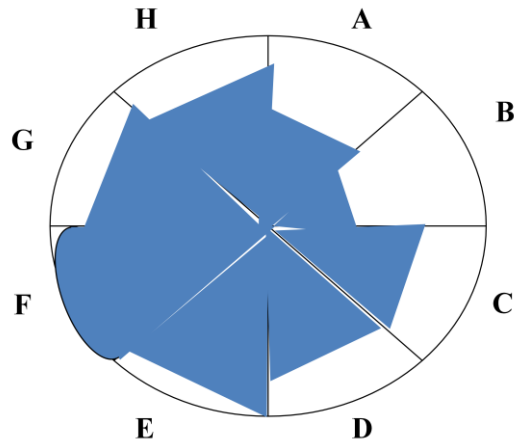


Figure 2: Example of shaded Wheel of Life

In the example above you would be:

- perfectly satisfied with area F, (You may want to actively remember to be grateful for this situation)
- pretty satisfied, but with things to improve in areas C , D, E, G and H
- dissatisfied with area A,
- not at all satisfied with area B.

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**Describe what your lifestyle would be like  
IF you could reach ANY goal that you choose.**

Would it be luxurious? Would you want to have more help in your home? A housemaid or a cook? Or are you more of a Go Green lifestyle? Who would you socialize with? What would you do? Let your imagination wander, but...

**first of all: RELAX** and treat this question as purely hypothetical. You will not be held accountable at this stage.

Imagine this was **BIG CHRISTMAS**, the sun is shining and everything is possible. Allow yourself to think outside your comfort zone and concentrate on **WHAT** you want, and **WHY** you want it.

## **THINK BIG.**

Please place **NO ATTENTION** whatsoever on the **HOW** it could ever be achieved. Should you find yourself criticizing the realism of your dream or your worthiness of it, then push those thoughts gently aside and concentrate again on the **WHAT** and **WHY** you want it.

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Here you have a space for short notes on limiting beliefs that may pop up, trying to prevent you from writing what you really want. Write them down and forget them for as long. We will deal with them later on.

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## **Home work until next session**

You maximize your investment in this course by doing the homework in between sessions. This time I encourage you to:

1. Finish the exercises in this workbook!
2. Repeat your affirmation daily: I am a Goal Achiever
3. Rewatch the video (or relisten)
4. Allow yourself to Daydream a bit about your dream lifestyle.