

Think about your goal. Write it down, and then decide how ready you are, and how confident are you to achieve it?

Goal:

How ready am I?

1	2	3	4	5	6	7	8	9	10
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How confident am I to achieve this goal?

1	2	3	4	5	6	7	8	9	10
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What is stopping my readiness/confidence from being at 10?

What do I need to move these barriers?

Goal:

How ready am I?

1	2	3	4	5	6	7	8	9	10
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How confident am I to achieve this goal?

1	2	3	4	5	6	7	8	9	10
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What is stopping my readiness/confidence from being at 10?

What do I need to move these barriers?

Get in touch and let us help you understand how to move the barriers and give you confidence to achieve your goal!