



Goal Exploration Worksheet

Goal

Let's dig in and get curious!



As we explore this work, I encourage you to do so from a place of curiosity and compassion

Find your why

Why do you want to achieve the goal stated above?



Why is that important?



Why is that important?



Continue the above process until you find the answer that either makes you giddy or makes you cry. That's how you know you're getting to the root of the desire!

Utilize this space to journal on any realizations, desires, and/or emotions that came up during this process.