



# Goal Setting Support Handout

Setting goals and achieving them are two different things. During that time frame, discouragement can sometimes set in. This handout was created to give you an extra boost during those times. When your motivation starts to wane, ask yourself these 20 questions to help you get back on track.

- Why am I feeling discouraged?
- Have my goals changed?
- Am I no longer feeling challenged?
- Am I really ready for this change?
- What is out of sync? What is missing?
- Am I focusing on the wrong things?
- How can I approach this to get myself back in sync?
- Is there a different way to do this?
- Would letting someone help me, make a positive difference?
- Are my expectations for this realistic?
- Do I need to adjust my time frame to better meet my goal?
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- What would someone else tell me about this situation?
- If someone else were having this issue, what would I tell them?
- Is there anything I can do to shake things up?
- What am I'm doing right?
- Why did I choose this goal? (remember your 'why')
- What do I need in order to feel motivated again?
- What do I need to do now?
- What can I do right this minute to get back on track?