

A.C.T-goal worksheet

A lign	<p>Align yourself with your goal. Make sure this goal resonates with you.</p> <p><i>Ask yourself;</i> Is it really you who wants this? Or is it coming from someone else? (Make sure you're doing this for yourself!) Does this resonate with me? How do I feel when I think about reaching this goal? What does this mean to me? Why do I want this? Can I meditate/visualise on this goal and see it happening?</p>
C lear	<p>Clear any obstacles in your way. Get the skills you need. Clear away any negative self-talk. Get rid of sabotaging behaviours.</p> <p><i>Ask yourself;</i> Do I have the skills I need to reach this goal? How can I get them? What is standing in the way of me reaching this goal? How can I clear it? What do I need to stop doing to reach this goal? What habits do I need to change to reach this goal? How can I get the knowledge I need to do this?</p>
T rust	<p>Trust in the process, yourself and the universe. Believe that you will attract people, opportunities and situations to help you.</p> <p><i>Ask yourself;</i> Do I fully believe I can reach this goal? If not, how can you start believing it? What do I need to start doing to show myself I trust in this process? What am I grateful for in relation to this goal? What am I grateful for in general?</p>
ACT	<p>Now it's time to take action! What is one small, first step you can take today to show yourself you're on your way?</p>