

# TRUE CORE GOALS

WORKSHEET

F

1

Identify a goal you want to achieve (e.g. 'I want to be a millionaire')



2

Ask: 'Why do I want this goal?' (e.g. 'I want to quit the job I hate')



3

Ask: 'Why do I want the answer to step 2?' (e.g. 'I want to spend my time the way I wish')



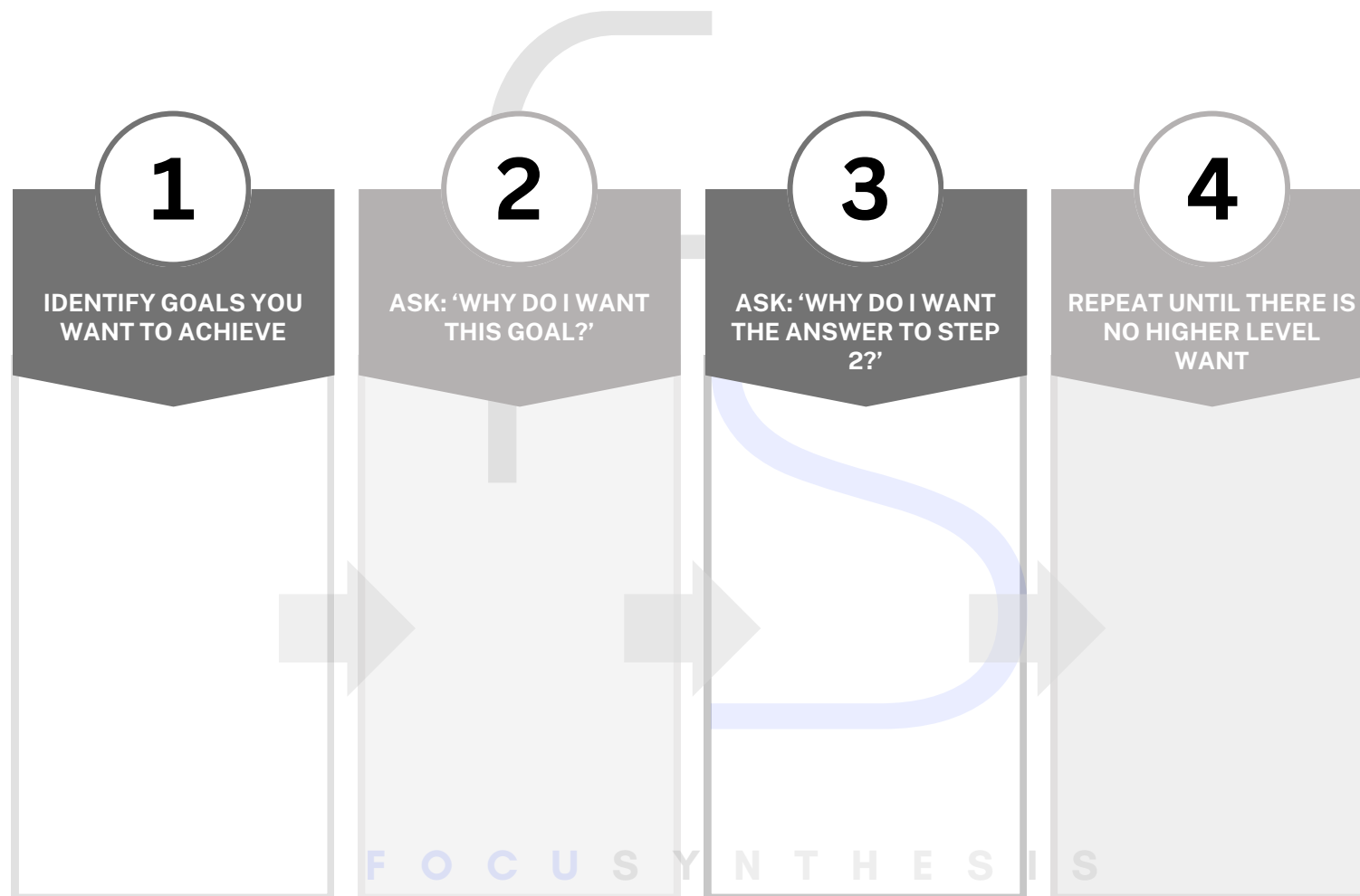
F O C U S Y N T H E S I S

4

Repeat until there is no higher level 'want'. This is your TRUE CORE GOAL!

# TRUE CORE GOALS

## WORKSHEET



# TRUE CORE GOALS

1

2

3

4

5

6

fcs

FOCUSYNTHESIS

Start To focuSyn™

F O C U S Y N T H E S I S