The Goal Sheet

INTUITIVE COACHING WITH AMY

Instructions: Answer each question with an open heart. Go within and trust your own intuition. Be as specific as possible. Write your responses as you please- make lists, write short phrases or full paragraphs. All is working for your good. Send a copy to Amy at coachingwithamy@gmail.com. If you handwrite your responses, scan and email the pages. If you type your responses, include the questions in your document. Send your responses as an attachment.

1. **What area of your life needs the most love and attention right now? If there is more than one, focus on the area that is most pressing. What is not working in this area of your life?**

2. **What will you gain by positively transforming this area of your life? Why is it important to you? How will this transformation make you a better, more fulfilled person?**

3. **What is your goal? Be very specific. Is it attainable? What is your timeframe?**

4. **Intuitively, what do you think it will take to improve this area of your life?**

5. **Re-write your goal. Be as detailed as possible. Use positive & upbeat language.**

6. **If lasting success is determined by consistency, focus and passion, what will stop you from achieving this goal?**

7. **What advice would your Higher Self/Best Self give you in regards to this goal?**

8. **Are you ready for this breakthrough? Why?**