

superlife taking stock^{..}

Motivation is bound to waver from time to time, so it can be useful to take stock and refocus on your priorities. This will give you the drive that you need to succeed!

1. REVIEW ALL YOUR GOALS (LONG, MEDIUM AND SHORT TERM), AND ASK YOURSELF: ARE THEY STILL RELEVANT?

2. IF SO, LIST ALL THE PROS AND CONS FOR EACH OF THESE GOALS:

NOTE: Work hard to maximise the advantages; and also to look for solutions to or other ways of thinking about the disadvantages. But try to do so as realistically and honestly as possible.

TIPS FOR THIS EXERCISE:

It may be handy to reflect back on your worksheet from Week 9 of the SuperLife program, where you initially listed all the pros and cons of your goals.

MY SELECTED GOAL: (IS THIS GOAL STILL RELEVANT?)

PROS

CONS

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CONS

Final note: List as many pros as you can for each of your goals and if you can't think of enough, or if those you've listed don't seem powerful enough, then review with one of your support people OR possibly consider changing your goals!