



# The 3 Steps You Must Take to Reach Any Goal

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WEBINAR WORKBOOK

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by THE LIFE COACH SCHOOL

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## WEBINAR WORKBOOK

It's time to make the ultimate shift from setting big goals, losing steam before you get there, and feeling like you can't do the things you say you want to do... to finally having the right mindset that keeps you focused and determined until you achieve your dream.

## The Problem...

- Expecting a goal to “make you happy” delays pride, satisfaction, and fulfillment along the way.
- The current process is miserable because it allows thoughts of dread, worry, and fear to arise.
- This thinking leads to burnout, quitting too soon, and achieving a goal but then “blowing it up.”

## The Solution...

Know who you want to be, how you want to act, and what you want to think ahead of time so you can practice the new thinking filled with determination, courage, and perseverance.

“You’ll be a different person when you reach your goal. Let’s make sure you enjoy the current version of you too.”

# Be the Future You Now

The future you is yourself any amount of time in the future. He or she has already accomplished the goals you've set out to achieve. When you think about the future you, you develop and establish a relationship with yourself in your future.

**1.** What are 3 things future you thinks about themselves?

a.

b.

c.

**2.** What are 3 feelings future you feels after they reach their goal?

a.

b.

c.

**3.** What are 3 things future you is doing every day?

a.

b.

c.

**4.** Take all of those and brainstorm ways you can think, feel, and do that TODAY.

# Use the 3-2-1 Power Morning Method

Training your brain to see your future is key to achieving goals. Building a morning power routine trains your brain during its most open state.

**1.** List one thing you can do today to get to your goal.

**2.** List two reasons you are equipped.

a.

b.

**3.** List three reasons why your goal is important to you.

a.

b.

c.

# How to Find Compelling Reasons

Compelling reasons are the “why” behind your goal. They consider the bigger picture of your life so that daily choices are easier to make. And they help you pause when old you and new you are at a crossroads.

**1.** 5 “whys” technique (ask why 5 times).

a.

b.

c.

d.

e.

**2.** Make a list in a five-minute download.

# Setting the Defined Goal

A defined goal tells you where you are going and signals you to check-in for self examination.

I will accomplish \_\_\_\_\_

by \_\_\_\_\_ date.

I will know I have done this because \_\_\_\_\_.

When you combine the power of knowing who you want to be, compelling reasons that make you think on a bigger scale, and a clearly defined goal you have the formula for success.

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It's time to go after your goals and be all in until you achieve them and prove to yourself you have what it takes to create the life you want.

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