

REACH!

dream | stretch | achieve | influence

REACH! Challenge – Visualize

For each of your REACH! Goals it's time to visualize what your life will look like when you achieve your goals. There is no better way to step forward in attaining your goals than to visualize. This exercise allows you the opportunity to step outside of your current circumstances in order to live momentarily in your new future. You are completing this exercise AS IF you have already achieved your goals. It enables us to see, hear, and smell the future right now while giving us the ability to foresee who our biggest advocates are and where our biggest obstacles will lay.

REACH Goal # _____

Who are you surrounded by when you have attained this goal?

What kind of material changes have you attracted by attaining this goal (money, cars, homes, etc)?



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What does a day in the life of YOU look like once you have achieved your goal?

What was the greatest hurdle you had to jump in order to accomplish this REACH! Goal?

Remember you are guessing here – but let's see how good you are at foreseeing obstacles.

How did you jump that big hurdle?



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Who were your biggest advocates in helping you achieve your REACH! Goal?

What did the hardest day look like when you were achieving your REACH! Goal?

How did you move past that day?



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What will you need to learn in order to accomplish this goal?

Who could you put on your team to help you achieve this goal?

What will life look like if you abandon this REACH! Goal?

Are you willing to do what it takes to REACH! for this goal? _____



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Commitment Statement

I am willing to dream big dreams and to REACH! beyond my current circumstances and surroundings to achieve all that I am capable of. My REACH! is about creating a better life for me, my family, my friends, co-workers and employees. I do no justice for my life or theirs by dreaming small. I know there will be hard days ahead but I am willing to do what it takes to get through them. I am 100% committed to doing what it takes to REACH!

Name

date

