



## Beliefs about Success Worksheet

Name ..... Date .....

Choose one of your Goals. ....

.....

Identify the factors you believe create success in reaching this goal:

<p><b>Inner Self:</b> which thoughts and feelings are helpful, what mental skills are necessary, which knowledge must be acquired etc.?</p>	
<p><b>Body:</b> which physical skills or aptitudes are necessary, which physical behaviours are required etc.?</p>	
<p><b>Environment:</b> what is materially needed, which surroundings will enable this, are consumables required etc.?</p>	

Are these things all available to you? If so, can you harness them now? Can you create any that appear unavailable? Need help? Send this form to your Coach.