



Visualising Achievement

Prompt	Your answer ... (fill this out as fully and explicitly as possible)
What I want to achieve is ... (be very specific)	
I want to achieve this by ... (specify date)	
The qualities and skills I already have that will help me achieve this are ...	
The qualities and skills I can develop that will help me achieve this are ...	
The person or people who might be able to help me achieve this include ...	
Achieving this will give me ...	
I will know I have achieved this when I feel...	
I will know I have achieved this when I look...	
I will know I have achieved this when I can say ...	
How I will reward myself for reaching milestones toward this achievement ...	