



MY GOAL IN 12 QUESTIONS



DOLFINO

My goal in 12 questions

1

What is the goal I want to achieve?

Answer:

2

What will achieving my goal bring me?

Answer:

3

How will I know my goal has been achieved?

Answer:

4

What is stopping me, today, from achieving the goal?

Answer:

5

What do I need to achieve my goal (\$\$\$, relationships, etc.)?

Answer:

6

Are there any drawbacks to achieving the goal?

Answer:

7

What is the worst-case scenario if I fail to achieve the goal?

Answer:

8

Are there any non-obvious solutions for achieving the goal?

Answer:

9

Who could help me reach my goal?

Answer:

10

When I've reached my goal, what will be different in my life?

Answer:

11

Why is it important for me to reach this goal?

Answer:

12

What do I plan to do as a priority to reach my goal? (the 1st step)

Answer:

Convention

The 12 questions are used to define your goal. It's a bit like entering your destination into a GPS (or Google Maps!).

Now, you can also define how you want your session to unfold.



What are six qualities that are important to you?

(e.g. fun, effective, simple, funny, fast, deep, etc.).
