

To increase your motivation when pursuing your goal, you can ask yourself the following questions:

- Will reaching this goal provide leverage to achieve your other goals?
- How does staying committed to this goal help build your self-esteem?
- Who will you become a role model for, once you achieve this goal?
- What new opportunities will open for you as a result of achieving this goal?
- What will you have learned as a result of achieving this goal?

Sometimes the power of negative thoughts and beliefs can hold you back from getting closer to or reaching your goal.

To help you stay on track, ask yourself the following questions:

- 4) What rules or beliefs have I created in my life that could limit my ability to pursue my goal?
- 5) Do I have any negative thoughts that hinder me in pursuing this dream? Are there any reoccurring stories, narratives that I tell myself over and over again, that disempower me?
- 6) What unnecessary assumptions do I make about achieving and committing to this goal?
- 7) What kind of cultural habits or rules hold me back?
- 8) Do I value something that contradicts what I want?
- 9) Do I have any experience with past failures with important goals? How does this limit me, and do they create barriers to achieving my goal?

Overcoming limiting beliefs requires that you find and create new, empowering beliefs. This is not easy to do, but it can be done!

What could be the positive way of thinking about these barriers?

Think of a person who has already achieved the goal that you would like to reach. What attitudes, ways of thinking, and mind-sets does this person have in order to be successful?

You can find inspiration in the strengths activity, the PARS model activity, and the positive journal activity.

What other significant achievements or success stories do you have? How did you stick to your plans in other situations? How can you apply these same motivational and disciplinary actions to your habits?