



Desired Outcome Worksheet

1. Why is NOW the time for you to live the life you've always dreamed of?
2. What has kept you awake at night in the past month?
3. What's the #1 thing you think I can help you with?
4. In what ways are YOU creating friction, barriers, or roadblocks that keep you from the life you most want?



5. What would your life look like if you “got out of your own way” and didn’t have those self-created blocks written above?

6. Do you have the desire and the access to invest in yourself right now?

7. What specifically do you want to achieve in the next 90-120 days?

8. Where are you now? (In relation to what you want)



9. What will you gain or lose if you have it?

10. What will happen if you don't get it? What won't happen if you don't get it?