



Goal Writing Worksheet

What do you want? (Write with clear details.)

How will you know you have achieved your goal? (What will success look like?)

When would you like to have the goal achieved by?

Why do you want to achieve this? (What do you get out of having this?)

I am open to achieving this in unexpected and surprising ways.

I am open to this or something better.

Gene Monterastelli is the editor of TappingQandA.com. Gene works with clients from all over the world one-on-one and in groups. Gene enjoys teaching advanced techniques in tapping and teaching practitioners how to grow their practice.