

Goal	What opportunity is before you? What goal do you want to achieve? Use a separate GoalGuide™ for each one.			
Step	Description	Benefits	Barriers	Resources
RF	How will you put your right foot in? What is a first step you can do that you have confidence to achieve?	List 3-5 benefits you would experience by accomplishing this step	List any obstacles or fears that may hold you back. Remember: 85% <i>won't occur</i>	List the resources and capabilities you have to accomplish this
LF	How will you put your left foot in? What does this expose about you? How awkward is this for you?	"	"	"
RH	What does it mean for you to use your right hand? What kind of dexterity, skill, and/or expertise will you apply?	"	"	"
LH	What does it mean for you to use your left hand? What else does this expose about you? How difficult is this?	"	"	"
HD	What mental effort does this require of you to take it even further? What do you need to know, learn, or consider?	"	"	"
WS	What does it mean for you to put your whole self in? What will it cost you? What effort will it require?	"	"	"

Notes	Enter any notes, tips, reminders that will help you stay on track and reach your goal				
Step	In	Out	Shake	Raise	Turn
RF	What did you do as a simple, initial first step?	What did you do to rest or reward yourself &/or to renew your energy?	What did you do as a follow-up step that required more effort?	What gratitude, surrender, & openness did this stir in you?	What change of mind and/or heart did you experience as a result?
LF	"	"	"	"	"
RH	"	"	"	"	"
LH	"	"	"	"	"
HD	"	"	"	"	"
WS	"	"	"	"	"