

# 13 Goal-Setting QUESTIONS

that will **DISRUPT** your life - for the better!

If you want to achieve the goals you set for yourself then you must be willing to disrupt your old patterns of behavior that keep you playing small.

*Here are 13 questions that challenge you to take an honest look at yourself and make some different choices.*

01. What are 1-2 personal and/or professional goals I want to achieve this year?
02. What behaviors are holding me back from achieving my goals?
03. What sacrifices am I willing to accept in my life to reach my goals?
04. What bold, incremental changes do I need to make so I can fulfill my goals?
05. Who/What do I need to let go of in my life so I can move forward and reach my potential?
06. What is my real motivation behind working towards these goals?
07. How do my goals align back to my core values?
08. How am I allowing fear to drive my choices?
09. Why do I consistently help other people with their dreams but abandoned my own?
10. How do I want to take my past pain and turn it into something purposeful for my future?
11. What would it feel like to wake up knowing I am taking steps toward a vision I believe in?
12. How will I use my truth-tellers to support me through this process?
13. What beliefs do I need to change so I set myself up for success?



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