Steppingstone #5
Why Do You Need to Achieve Your Goal?

5

Worst-Case Scenario Deadline

Day / Month / Year

Doing this from now until the deadline above will help me satisfy my need to ...

D.R.E.A.M. Goal Pursuit

Strongly Disagree 0 1 2 3 4 5 6 7 8 9 10 **Strongly Agree**

	D.R.E.A.M. Goal Pursuit			
... fulfil my potential in life				
... have control over my life				
... challenge my intellect				
... learn new things				
... feel capable				
... feel good about myself				
... feel a sense of belonging				
... maintain/build relationships with others				
... feel safe from potential threats				
... have a sense of stability in my life				
... be in good physical health				
... be in good mental health				
TOTALS:				

Steppingstone #5
Reflection Section