



Challenge yourself to set a goal that seems very out of reach and align with that energy: A simple 5-minute practice to gain clarity, build momentum, and step into your future with confidence.

1. Get Centered

Instructions: Take two slow breaths. Inhale for 4 seconds, hold for 2, exhale for 6.

How I feel right now:

2. Name Your Goal

Write one clear goal that seems out of reach and with a dollar amount attached to it.

Example: I will earn X amount of dollars by June 2027 by helping others optimize their costs because it will help me buy the house of my dreams and become financially free.

My Goal Statement:

“I will _____ by _____ because it will help me _____.”

3. Visualize Your Future

Close your eyes and imagine the goal completed. Then write down what you saw.

Where am I? _____

What do I see around me? _____

How do I feel? _____

What problem is no longer weighing on me? _____

4. Anchor the Feeling

Select the emotion you felt most strongly:

Confidence Relief Pride Calm Gratitude Excitement Strength

Or write your own: _____

Repeat: **“This feeling means I am on the right path.”**

5. Identify One Small Action

What tiny, immediate step can you take today?



My One Action:

6. Commit

Write your commitment statement:

“I can do one small thing today. Momentum is my power.”

Signature: _____ Date: _____

Use this worksheet anytime you need direction, grounding or a restart.