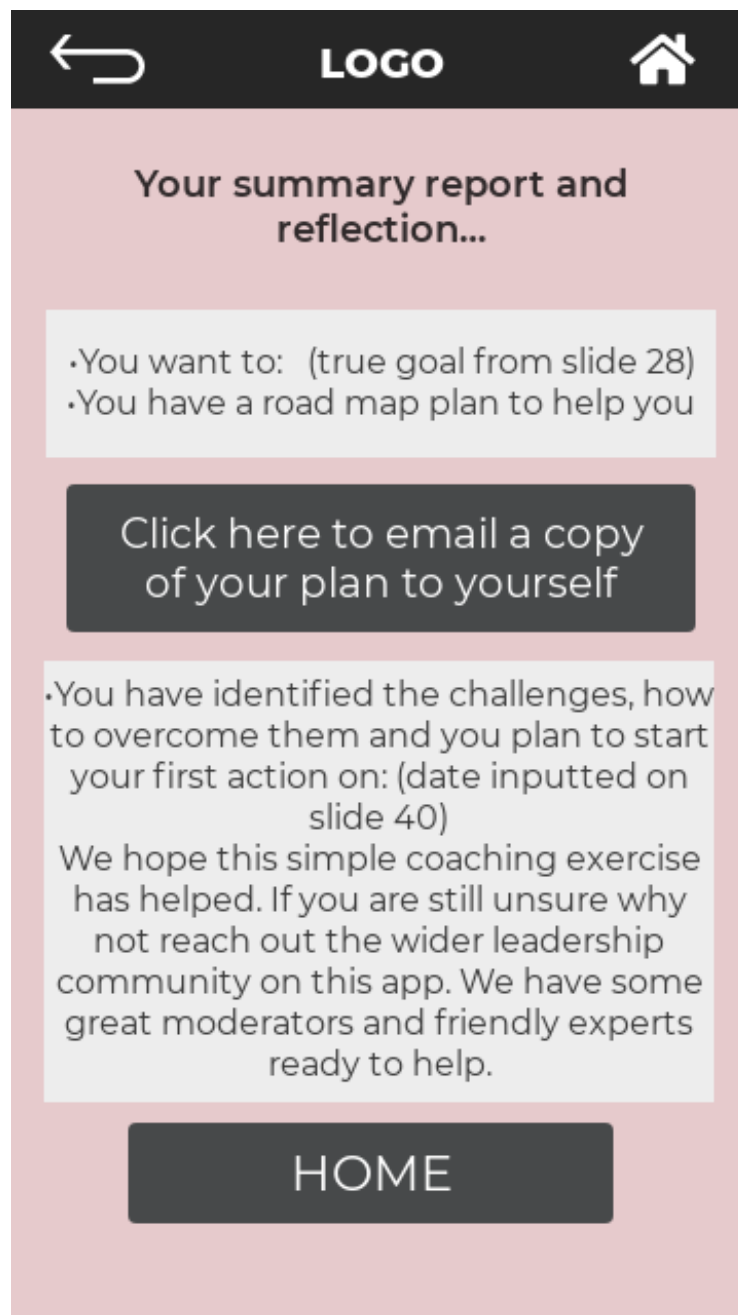





Slide 45



Slide 44



Ok so there is just one more question to go. When will take your first step of (user text from slide 34) ?

(Make sure this is a precise timing point such as "Monday at 9:00am. Answers such as "as soon as possible" will not help you much. The more specific you can get the date and time the more likely you are to actually do this)

I will take my first action on...

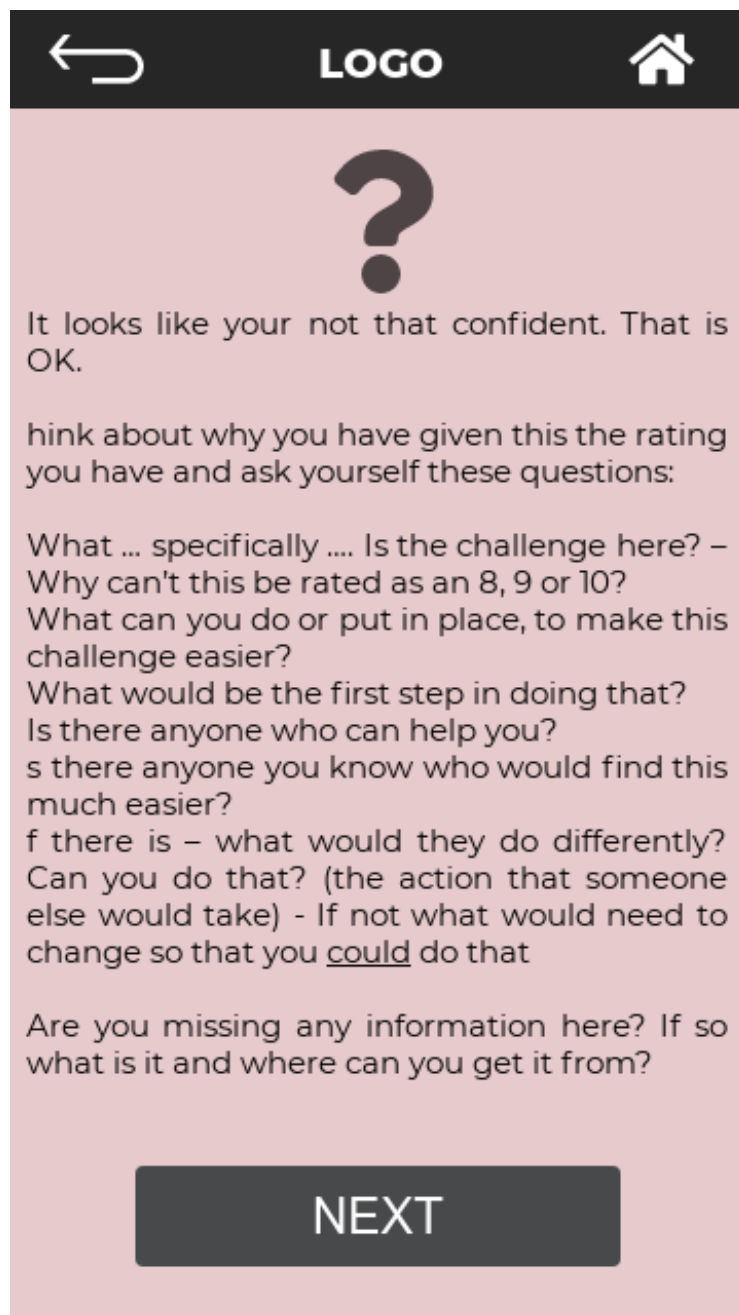
Time:

Day:



Month:


NEXT

Slide 43



Slide 42

**LOGO**

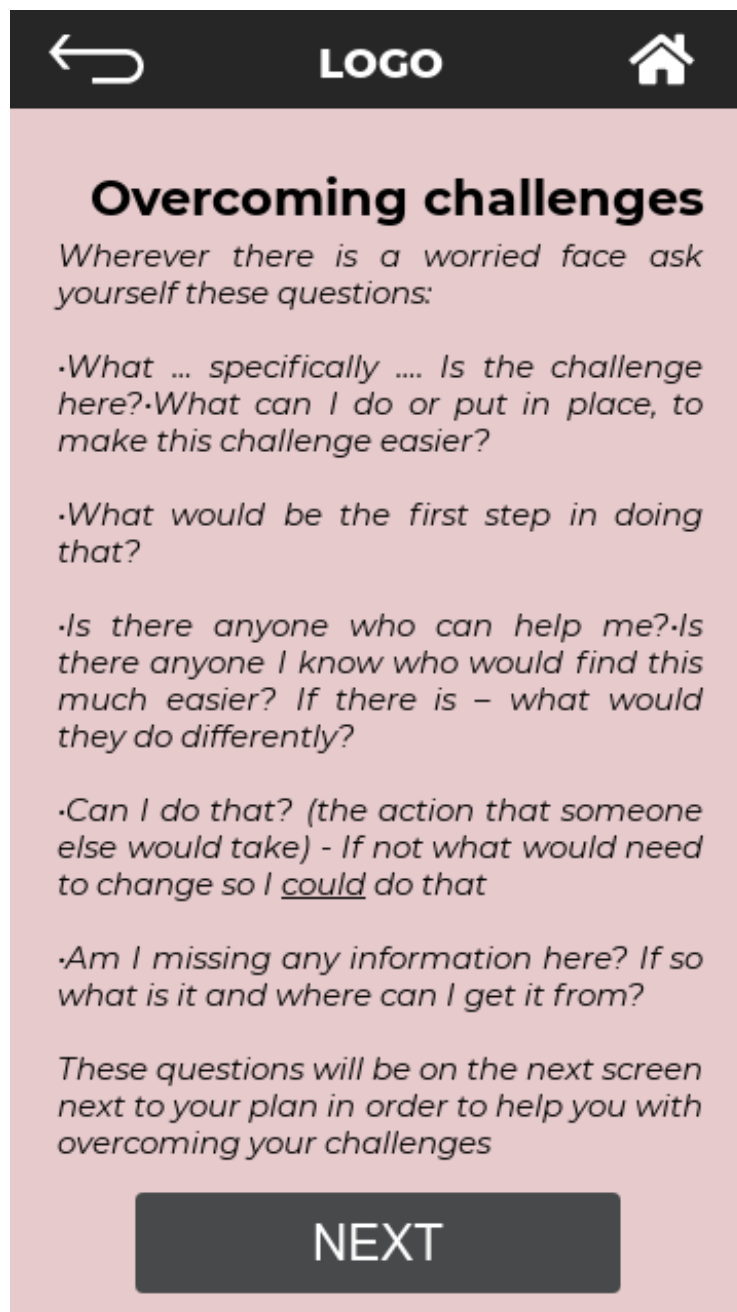


Thinking about your plan, rate how likely it is to happen
1 = not likely at all, 10 = 100% likely

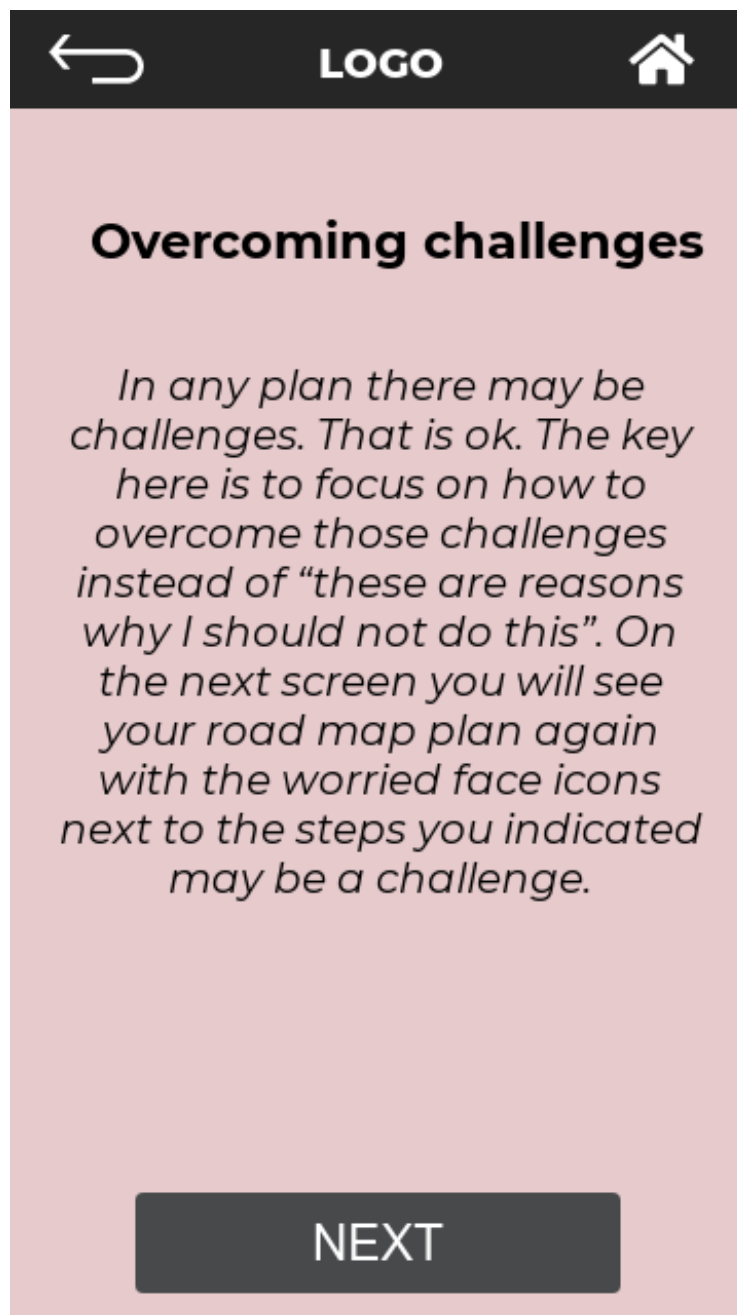
1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NEXT

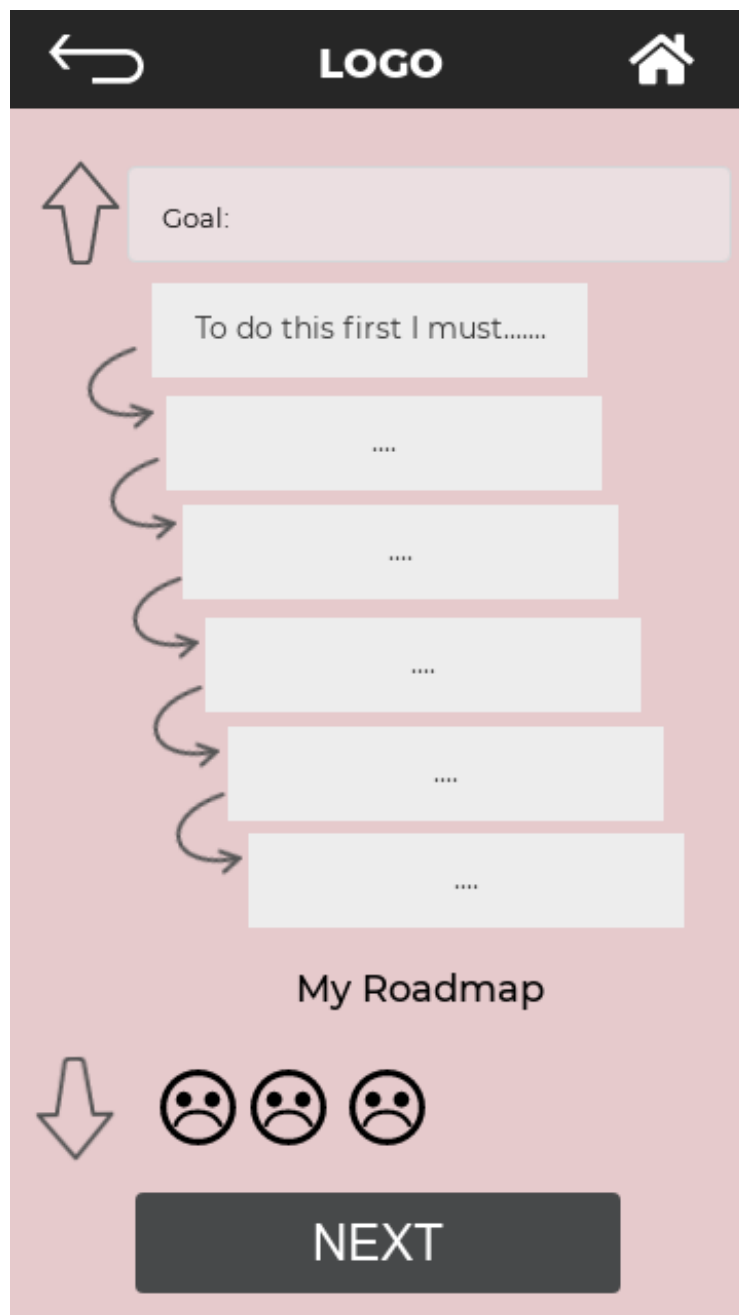
Slide 41



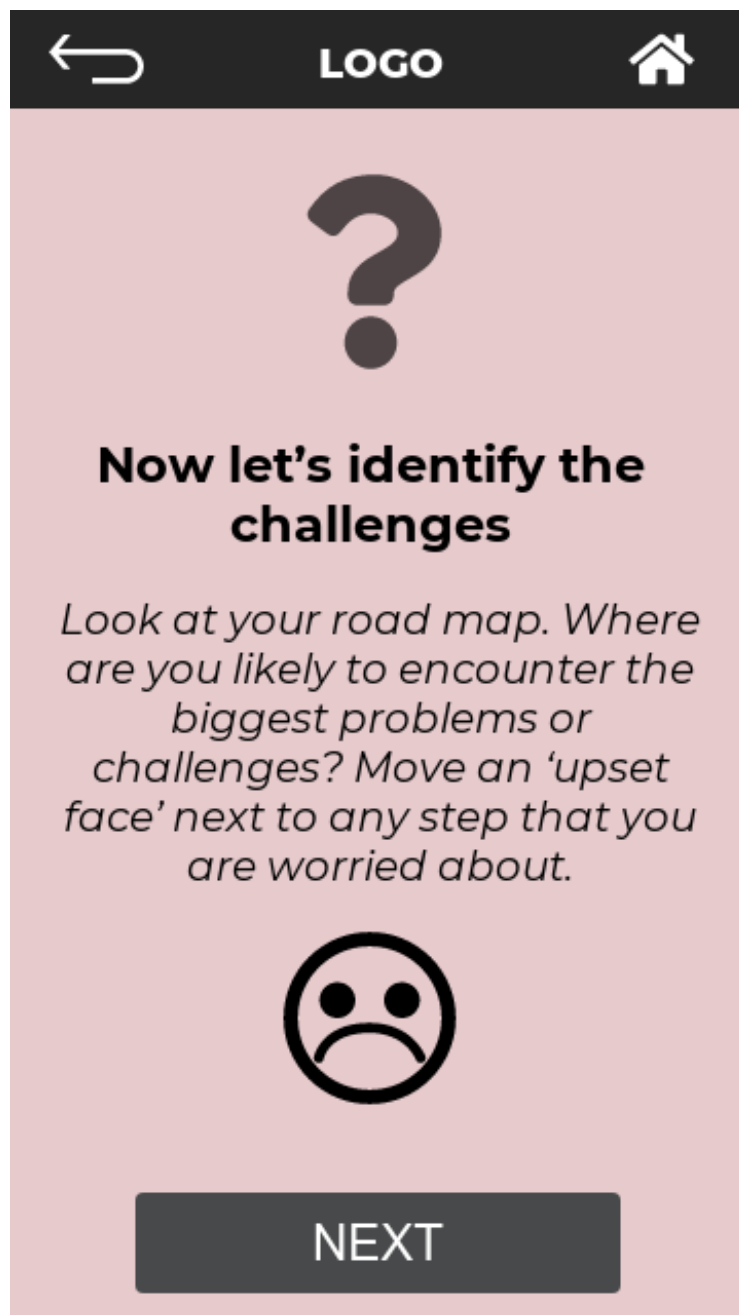
Slide 40



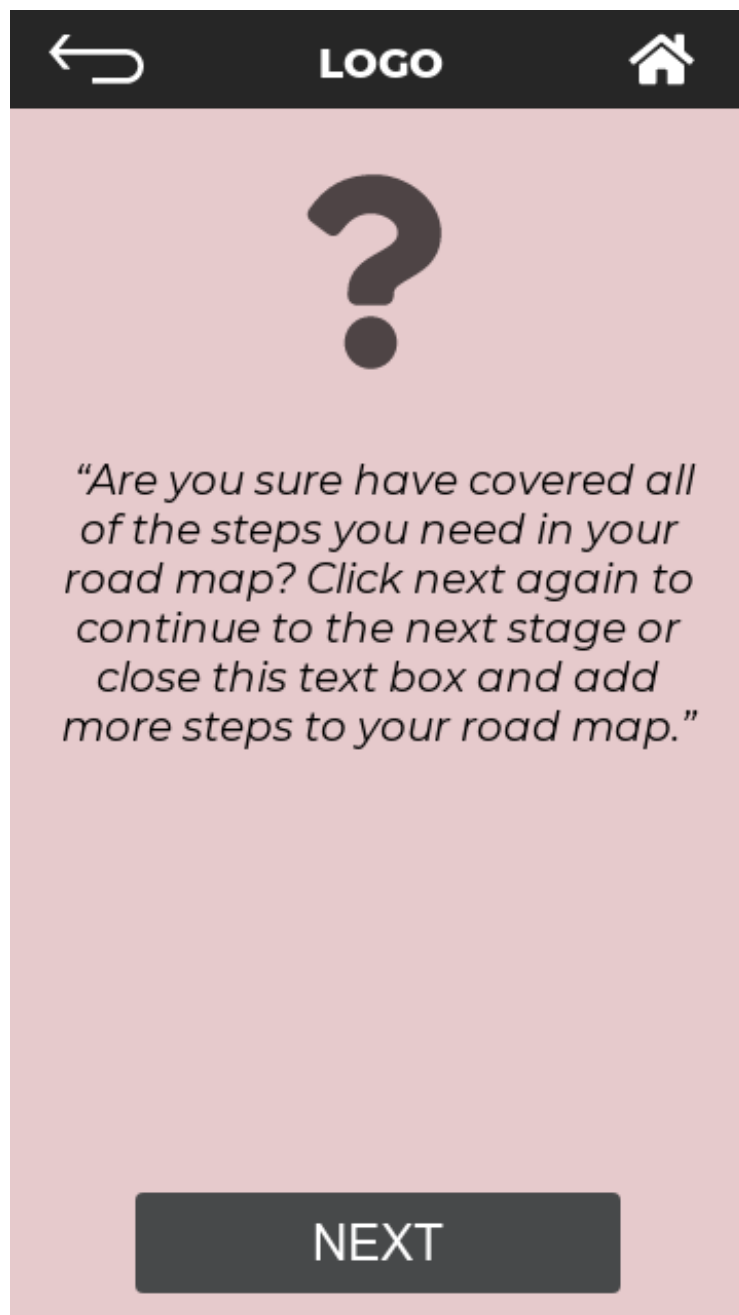
Slide 39



Slide 38



Slide 37



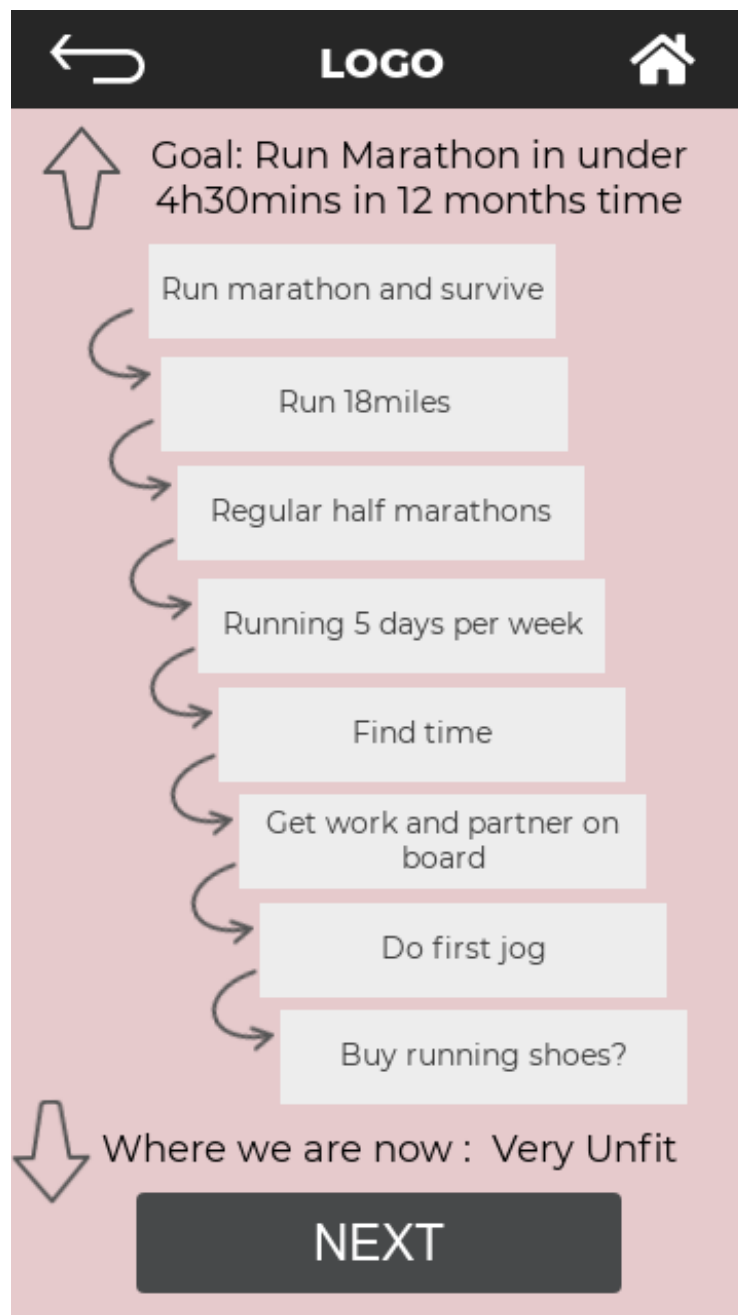
Slide 36



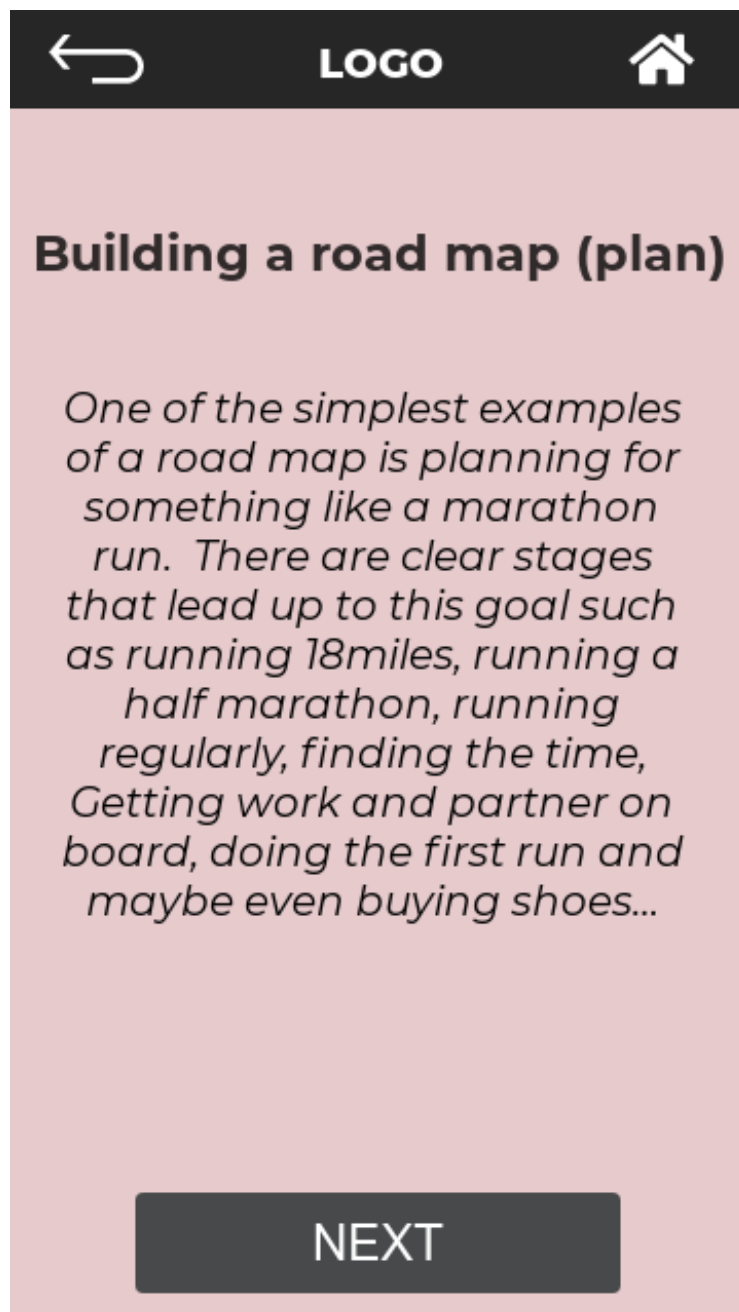
Slide 35



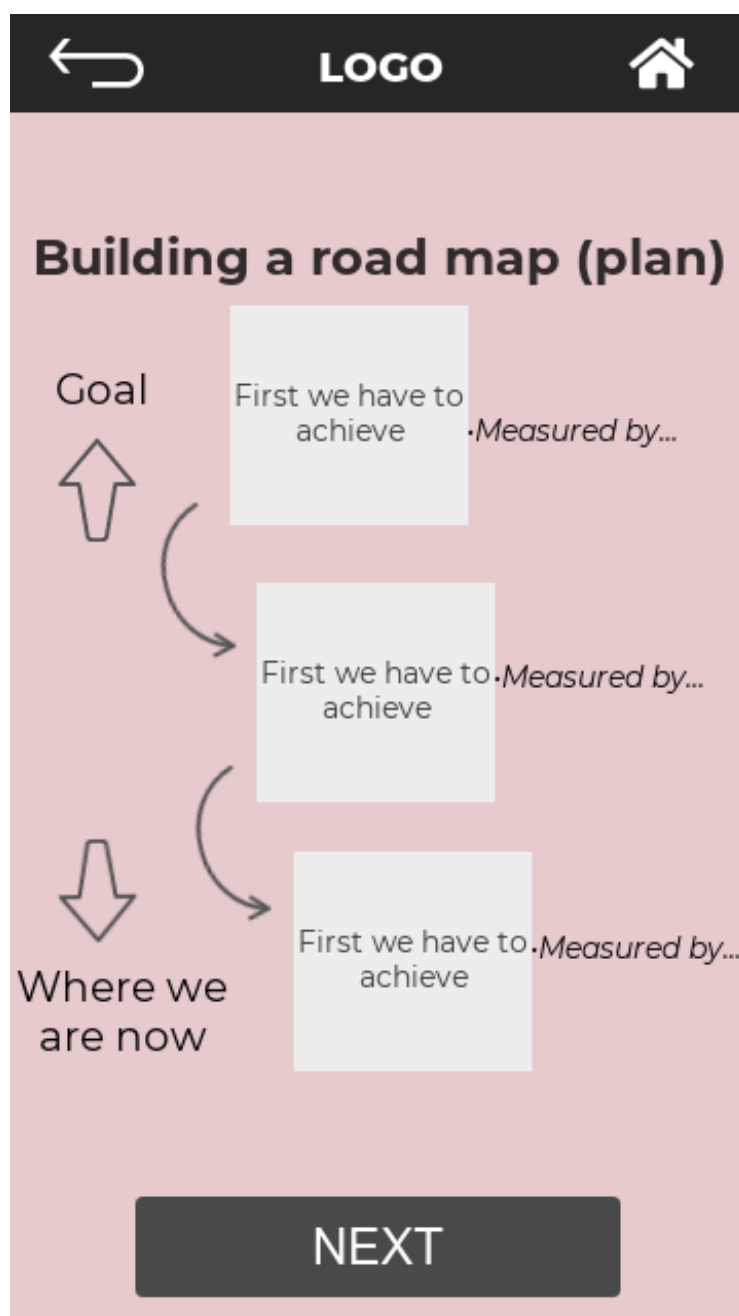
Slide 34



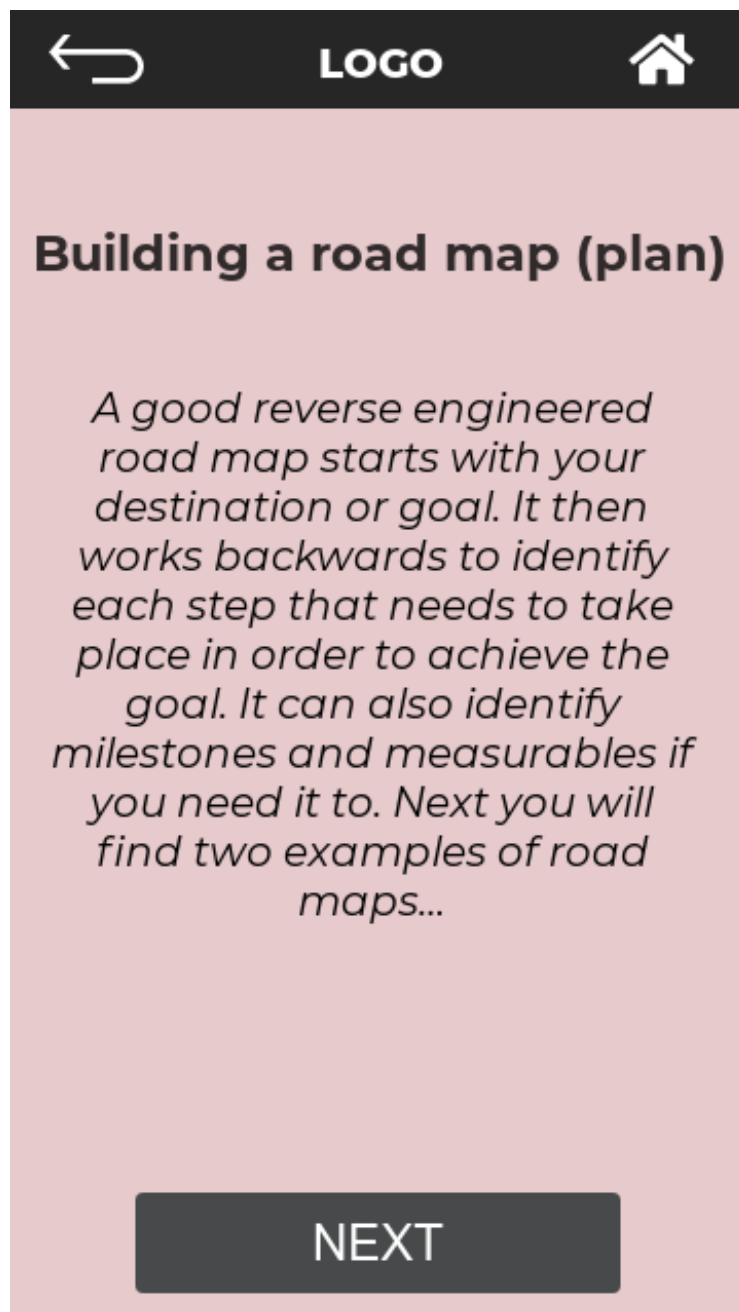
Slide 33



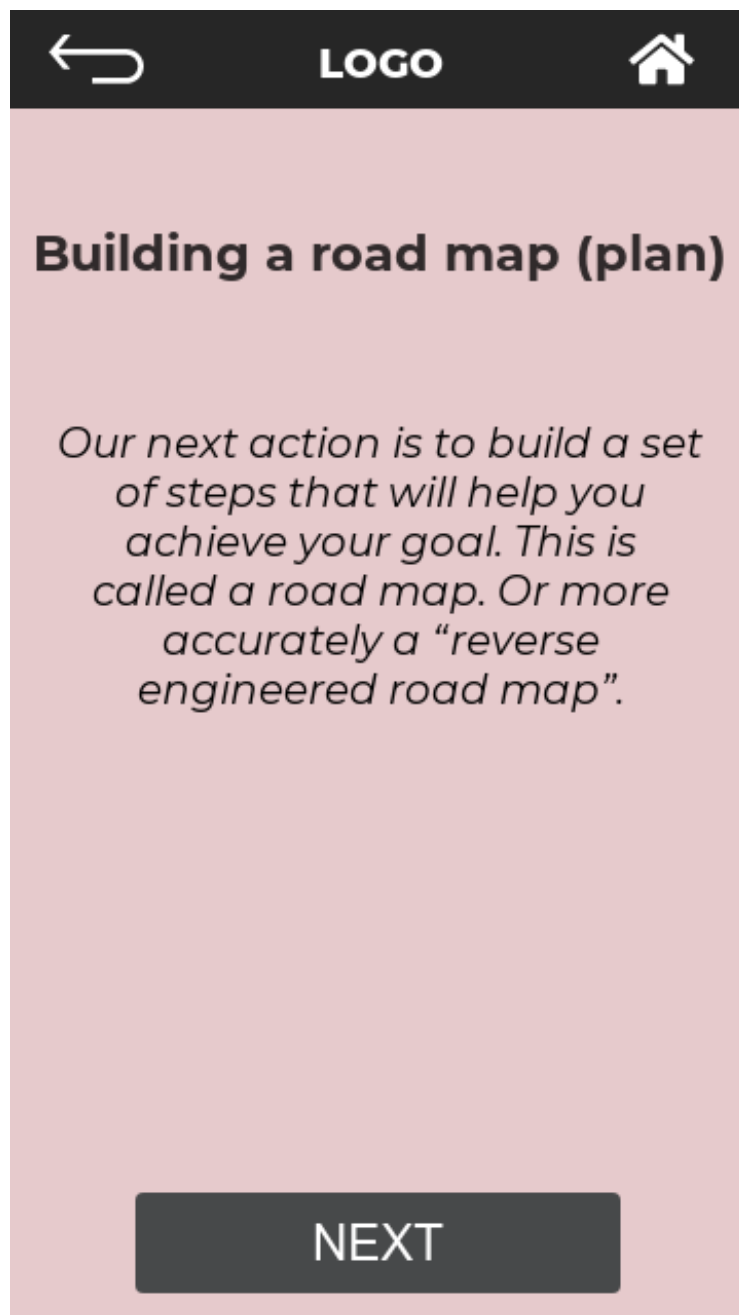
Slide 32






Slide 31



Slide 30



Slide 29



My goal statement

a.

b.

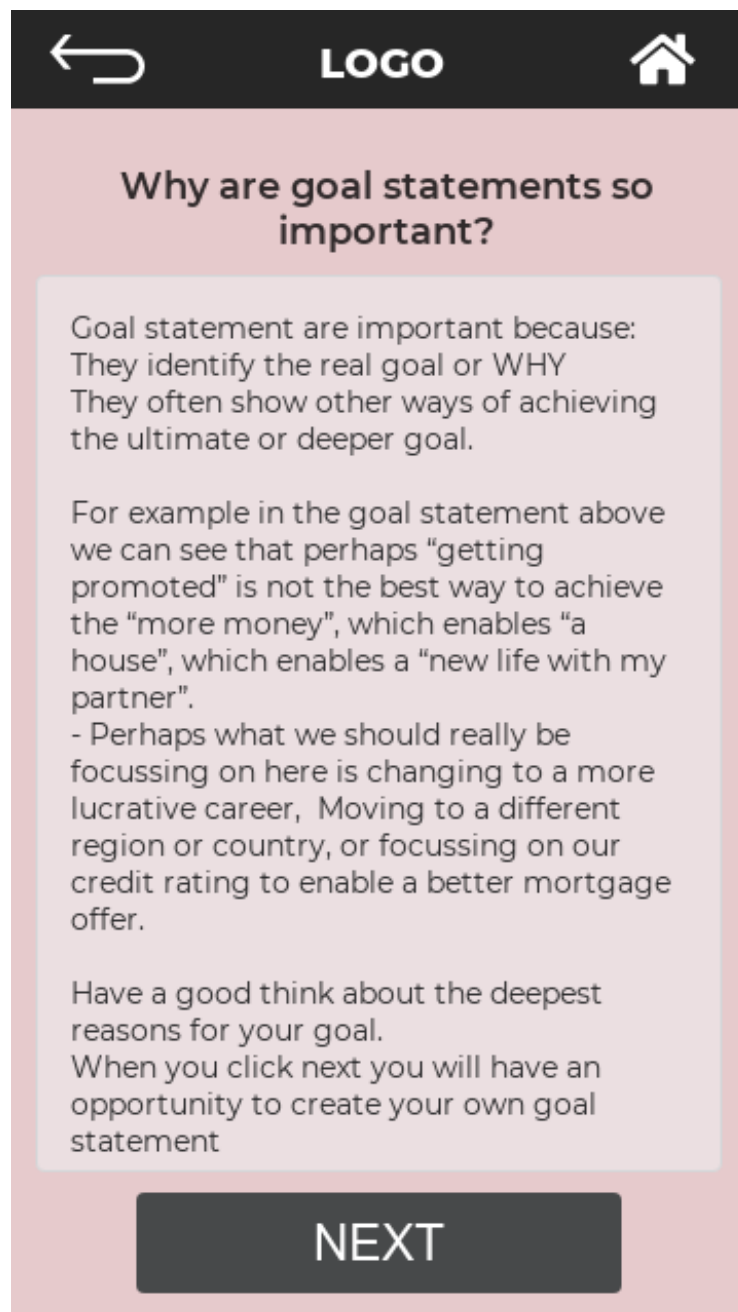
So that/because:

So that/because:

If you can't identify deeper "why's", you can just click on the **"Next"** button. However make sure, you have double checked and you really understand why you want to achieve your goal!

NEXT

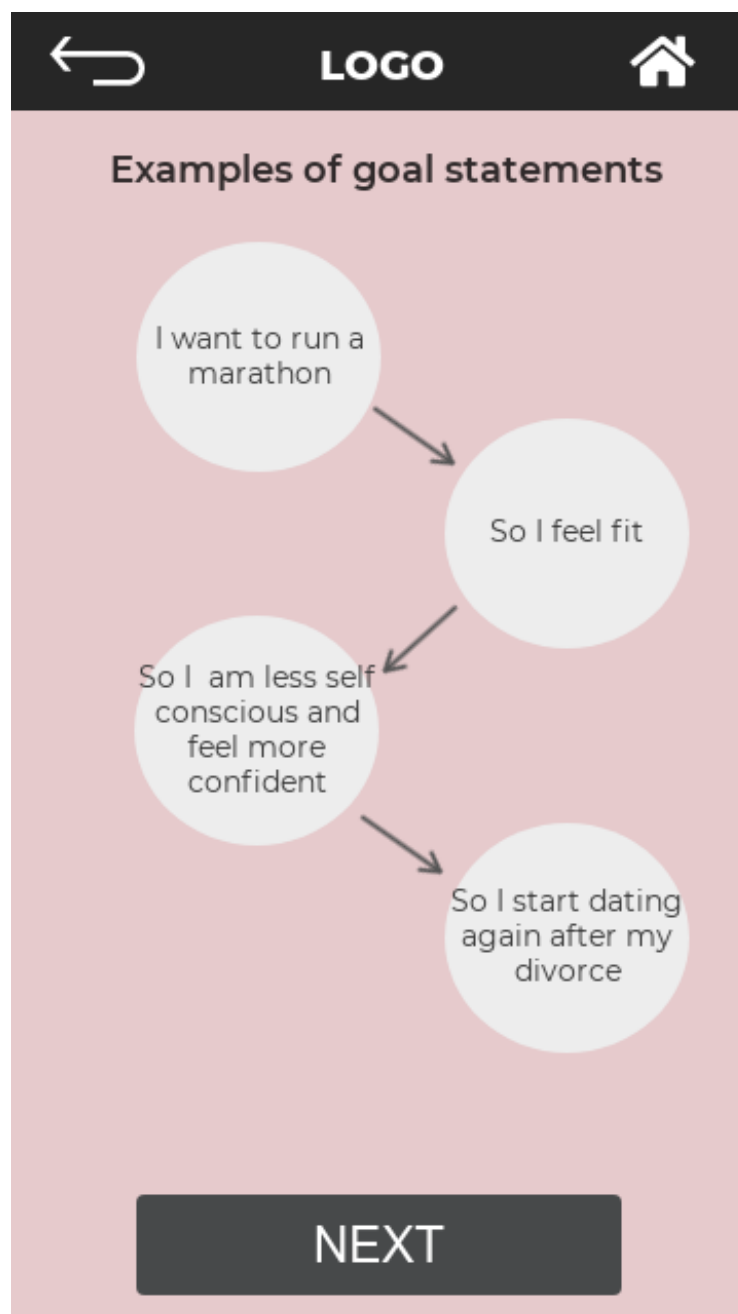
Slide 28



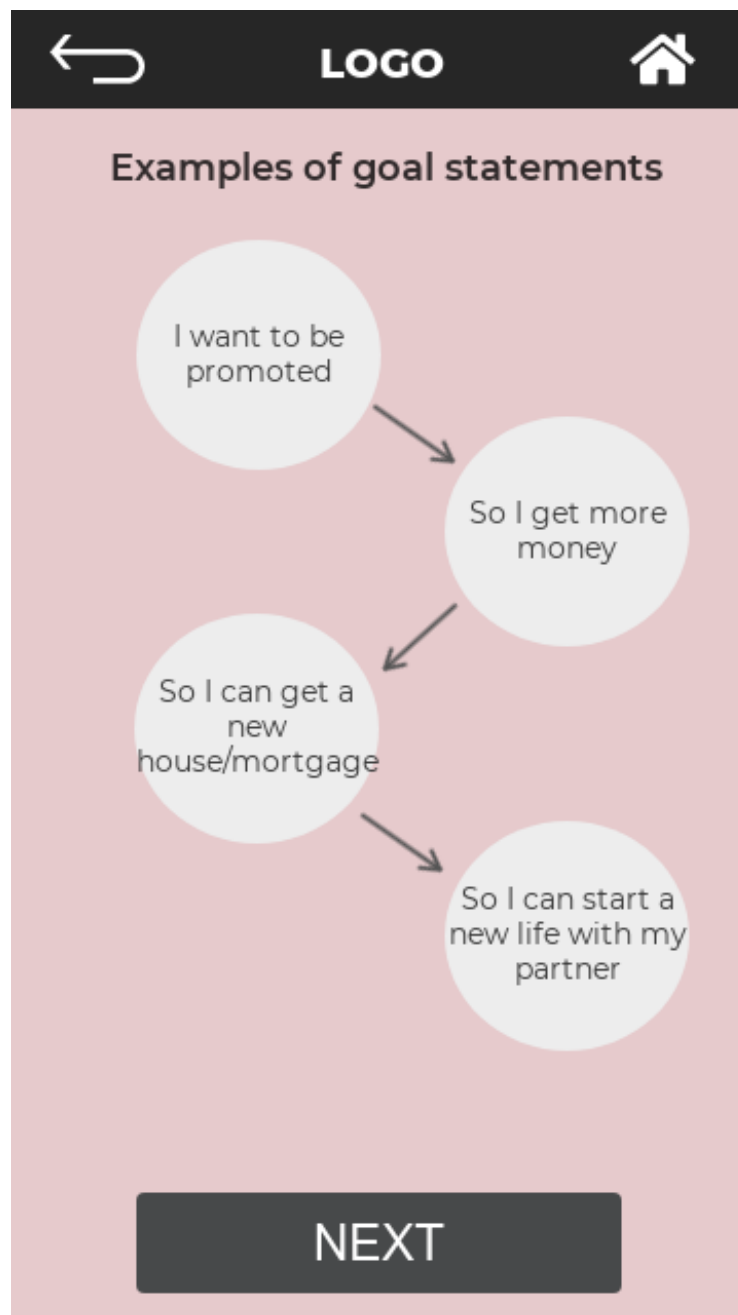
Slide 27






Slide 26



Slide 25



Slide 24



One more Why (your goal statement)

It can be useful (and really help self-understanding) to go one level deeper.

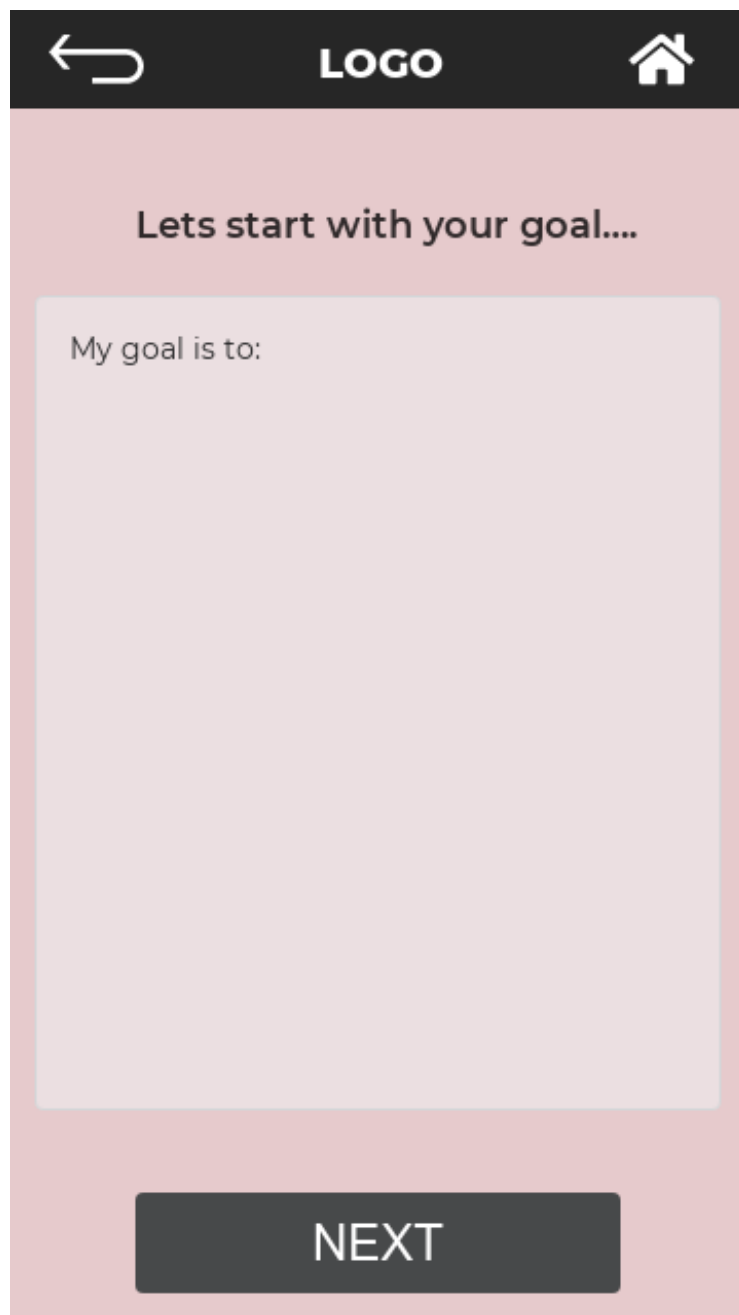
For example if you want a promotion, because you want more money so can afford a new house – why do you want a new house?

Is it because you want to live in a nicer area with better schools? Or perhaps its because you need more space, or a garden? In each situation you should keep asking yourself WHY do I want this?

Only when you really understand what you are trying to achieve do you stand a chance of achieving it. This will help you create your goal statement. When you click next we will show you some examples of goal statements which may help you create your own...

NEXT

Slide 23



A mobile application interface with a dark header bar. The header contains a back arrow icon on the left, the word "LOGO" in the center, and a home icon on the right. The main content area has a light pink background. It features the text "Lets start with your goal...." in a bold, dark font. Below this text is a large, light gray rectangular input field with rounded corners. Inside the input field, the text "My goal is to:" is displayed in a dark font. At the bottom of the screen, there is a dark gray button with the word "NEXT" in white, bold, uppercase letters.

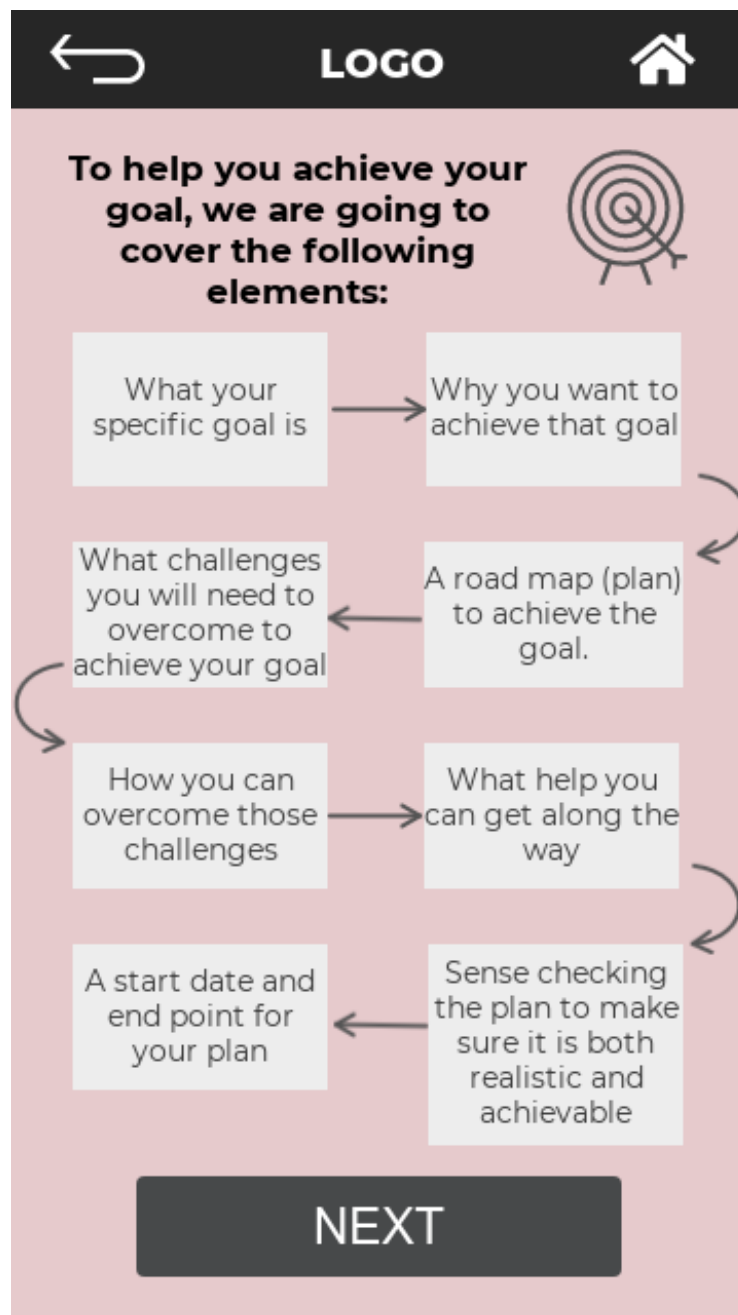
← LOGO 🏠

Lets start with your goal....

My goal is to:

NEXT

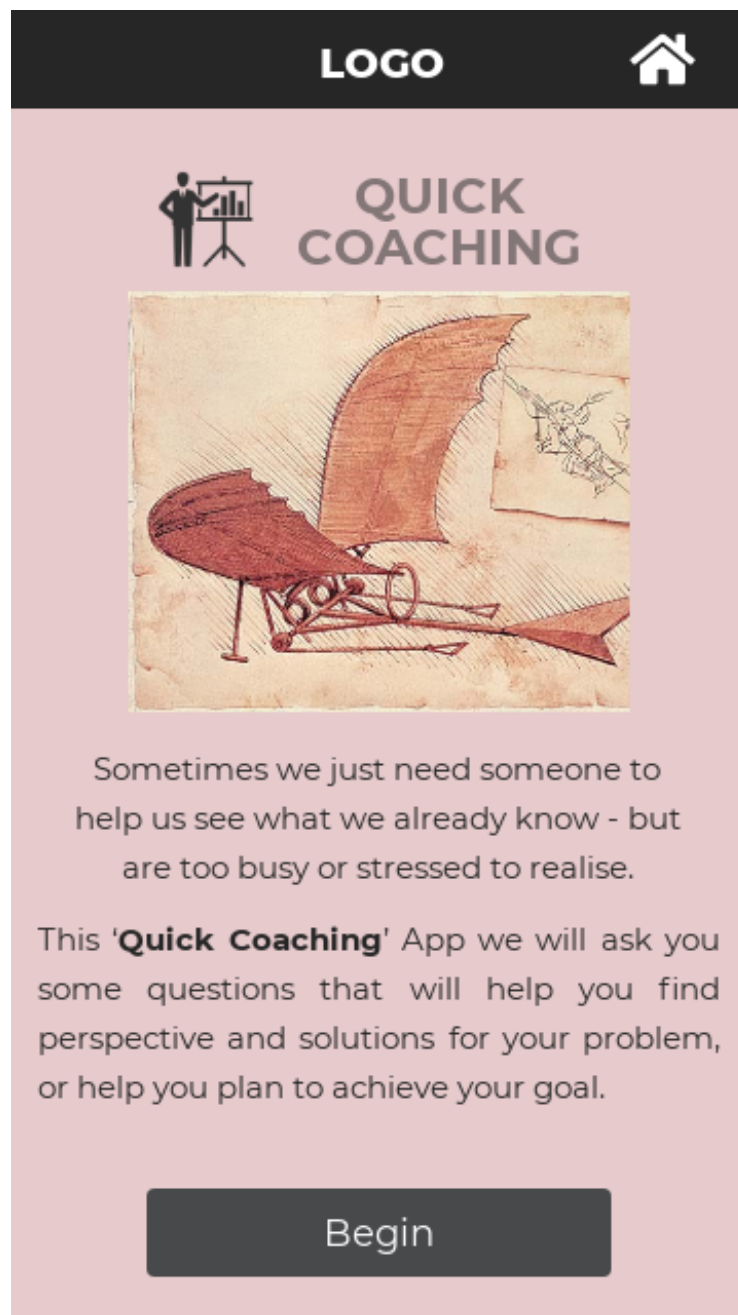
Slide 22



Help Option



Quick Coaching Main



Splash Screen

