



Confidence Uncovered

simple strategies to improve your confidence & self-esteem

Goals W.A.N.T. Worksheet

W

Why?

Why do you want to reach this goal. Be specific!

A

Advantages

List all the good things that will happen because you achieved this goal?

N

Negatives

Identify all the painful things you'll feel if you fail to achieve this goal.

T

Tell Everyone

Tell everyone your goal. It's hard to give up, when you'll be disappointing the people you love.