

A Letter to Yourself

In this letter remind yourself of your goal; write it out fully showing exactly what you want to happen and by when.

In this letter also include the reasons why you want to achieve this goal and articulate what feeling and emotions you expect to experience once your goal is reached.

This is a private letter - nobody else will ever see it.

Now address and stamp the envelope and write in your diary to post this letter to yourself in three days/weeks/months time.

This will remind you of your commitment to achieving your goal.

When you get the letter back open it...

Have I achieved the goal that I set or am I on track to achieving it?

If not - why not?

Did I select the right goal in the first place?

Do I really want it enough?

How uncomfortable is my life without achieving this goal?

How does my letter make me feel, - proud, ashamed, delighted etc.?

What am I going to do about it?

Perhaps write another letter to keep things on track