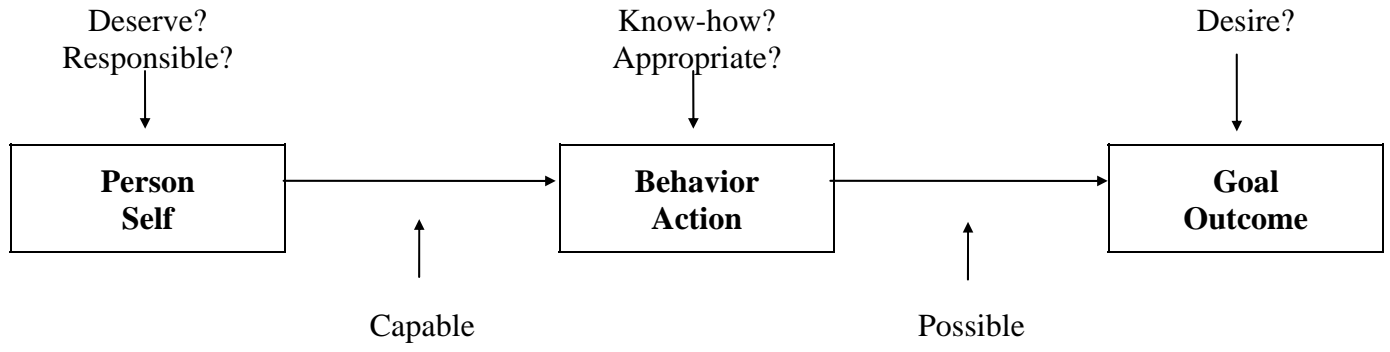


Checking Commitment Level

There are many ways to sabotage yourself so that you don't achieve your goal. The factors below will help you determine your level of commitment to achieving your goal and identify factors that may affect your level of commitment.



Is the goal desirable? Is it something that I really want?

Is it possible? Do I believe that it is really possible to get the goal?

Do I know what it will take to get the goal? Are the steps clear to me and appropriate for me?

Do I possess the capability to achieve the goal?

Do I deserve it? Do I recognize my responsibility in bringing the goal about?
