

6-day

HELENA RADESON

goal
challenge

DAY 2

YES!

Bravo for showing up!

This is DAY 2 of the 6-DAY GOAL CHALLENGE.

Can you see your goal, touch it, feel it?

Day 2 in the GOAL setting challenge focuses on the result of what you want, what the benefit to you will be of having achieved your goal.

Remember, there can be more than one benefit, and benefits can look very different: financial, reputation, self-esteem, spiritual, relationships, health, well-being, etc.

Find yours: What's in it for you?

Day 2 answers the question WHY (do I want to get there)?

Write the benefit down, the worksheet might be helpful.

Exercise to fully integrate the Outcome:

Take a moment, close your eyes, and imagine you are already there where you want to go, and you think to yourself 'YES - I did it!'. Envision it. What does that feel like? What are you wearing? Who's there? Are there any smells? Which colors strike you? Where do you feel it in your body? Try to make it reach both your head and your heart.

Write it down in [your worksheet!](#)

And get ready for Day 3 of the 6-day goal challenge!