



Project Monkey Mind

Developing an Attitude that Helps You Achieve Your Goals

Your mindset, beliefs, and feelings all work together to create your attitude. Answering these questions will help you create positive attitudes about your goals that can propel you forward toward success.

1. How can your attitude hinder your success? What do you feel, think, and believe that may prevent you from achieving your objectives?

2. How can your attitude empower you? What are your most positive attitudes that have propelled you forward in the past? How did you approach your goal(s) at the time?

3. Do you feel that your prevailing attitude is helping you or limiting you? Why?

4. Think of a goal that you feel challenged to achieve:

5. What's your attitude about this goal?

6. What specific challenges are preventing you from achieving your goal:

7. For each challenge, brainstorm possible solutions.

8. Pick your most viable solution, create a plan to implement it, and get started.



9. Use Positive Self-Talk: What can you tell yourself to help you achieve the goal?

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10. Take Control: What are some steps you can take to get control as you move toward your goal?

11. Compose your own affirmation that will help you work toward your goal:

12. Who can you talk to about your goal? Can you find a mentor who may be able to help you move forward? Who?
