

## Doublethink to achieve your goals



The following exercise is based on the 'doublethink technique' and can be used to motivate you to achieve your goals and overcome obstacles.

Answer these questions:

### 1. What is your goal?

### 2. Potential benefits and setbacks

- 1 Write down one word that reflects an important way your life would be **better** if you achieve your goal.
- 2 Write down one word that reflects a **significant barrier** standing in the way of you achieving your goal.
- 3 Write down a **second** benefit.
- 4 Write down **another** significant barrier.

### 3. Elaboration

**Elaborate** on how the two benefits identified above will affect your life positively.

**Elaborate** on how the two obstacles identified above will hinder your achievement – and **outline** the steps you would take to **deal** with them.