

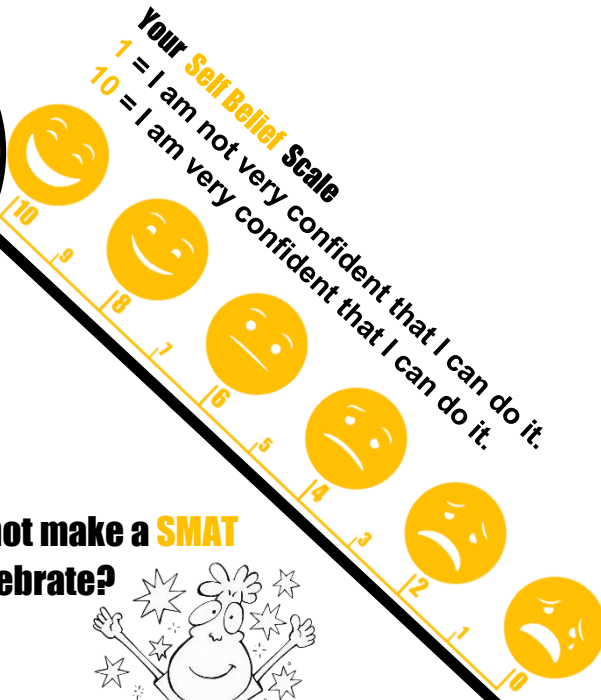


#THINK! Tools – The INTERNAL TRIANGLE



On a scale of 1-10 my current level of Self Belief that I can do it is?

SELF BELIEF



Why not make a **SMAT** to celebrate?



REASON WHY

What's your strongest reason why?

YOUR GOAL

THINK! about all your reasons why you want to achieve your goal – why else? why else? why else?



S	What is it that you would like to do? Be specific...	
	How will you know that you have done it?	
M		
A_{ND}		
T	When will you do it by – time and date?	

TOP TIP

If your **Self Belief** is at a 5 out of 10 or under could you break your goal into smaller parts?

Check – is it really what you want to do? – is your reason why strong enough? Could you give yourself more or less time?

