Preparación para el establecimiento de metas



Antes de comenzar a establecer metas, es importante sentar las bases para el éxito. Responder a las preguntas de esta hoja de trabajo te asegurará que estás eligiendo el objetivo correcto, por la razón correcta y que tienes un plan para alcanzarlo.

**¿Qué objetivo estás considerando establecer?**

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**¿Por qué quieres alcanzar este objetivo?**

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**¿Estás eligiendo este objetivo porque TÚ lo quieres o porque hará feliz a OTRA PERSONA?**

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**¿Cómo te ayudará ahora alcanzar este objetivo?**

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**¿Cómo te ayudará alcanzarlo en el futuro?**

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**¿Qué hará que trabajar en este objetivo sea más emocionante para ti? (Ej: que un amigo se una a ti, un nuevo atuendo, un nuevo programa de entrenamiento, etc.)**

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**¿Qué te ayudará a mantenerte motivado? (Ej: recompensas por avances pequeños, ver visualmente tus resultados, etc.)**

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**¿Qué emociones te ayudarán a mantenerte motivado? (Ej: preocupación por no alcanzar la meta, emoción por alcanzar un hito, etc.)**

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**¿Qué obstáculos podrían interponerse en tu camino hacia el éxito?**

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**¿Cómo planeas superar estos obstáculos?**

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**Personas a las que puedes llamar cuando te sientas menos motivado.**

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**Visualiza alcanzar un hito en tu camino hacia tu objetivo. ¿Qué ves? ¿Cómo te sientes?**

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**Ahora visualiza llegar a la meta. De nuevo, ¿qué ves, sientes, piensas? ¿Cómo reaccionarán los demás si alcanzas este objetivo?**

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**Haz una lista de elementos visuales que puedes usar para mantenerte motivado.**

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**¿Qué te dirás a ti mismo cuando te sientas frustrado o desmotivado? ¿Qué vas a hacer?**

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**¿Qué recompensa te darás a ti mismo cuando alcances un hito?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**¿Qué recompensa obtendrás cuando alcances tu objetivo?**

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**Haz una lista de las cosas que te motivan. Pueden ser palabras, frases, imágenes, música, etc... lo que sea que te haga sentir inspirado y motivado para seguir adelante. Consulta esta lista con frecuencia o crea un tablero de visión con esta lista para que puedas consultarla con la frecuencia que sea necesaria.**

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