

### Reasons We Don't Create Useful Goals

1. I already have more than my fair share and I feel like I am asking for too much.
2. I don't deserve better.
3. I don't deserve more.
4. Wanting more feels greedy.
5. I am worried that if I buy into this new vision of my life it will feel way too big for me.
6. Others will think I'm arrogant if I try to improve my life.
7. Others want this for me more than I want it for myself.
8. Others want this for me because of how they will benefit and not because it will be good for me.
9. I am worried about how I will see myself if I achieve this goal.
10. I am worried how others will see me if I achieve this goal.
11. I am worried that achieving success will impact my relationships negatively.
12. I am worried that if I achieve this goal it will impact other parts of my life in a negative way.
13. I feel disconnected from my goals and it is painful.
14. I feel connected to my goals and it feels scary.
15. I had goals in the past that did work out and it hurt. I don't want to deal with that pain again.
16. I have felt connected to my goals in the past, I lost that connection, and that feels painful.
17. I am worried that I will learn unpleasant things about myself if I try to do this.