

Internal Triangle



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Understand your TH!NKing with your **Internal Triangle**.

Everyone has an Internal Triangle, for everything they do, all of the time.

If you have a GOAL that you want to achieve, use your Internal Triangle to help increase your chances of achieving it.

Look at the diagram and TH!NK about the 3 areas of your Internal Triangle.

GOAL

WHAT is it that you want to achieve?
HOW will you know you have achieved it?
By **WHEN** will you have achieved it?
HOW will you celebrate?

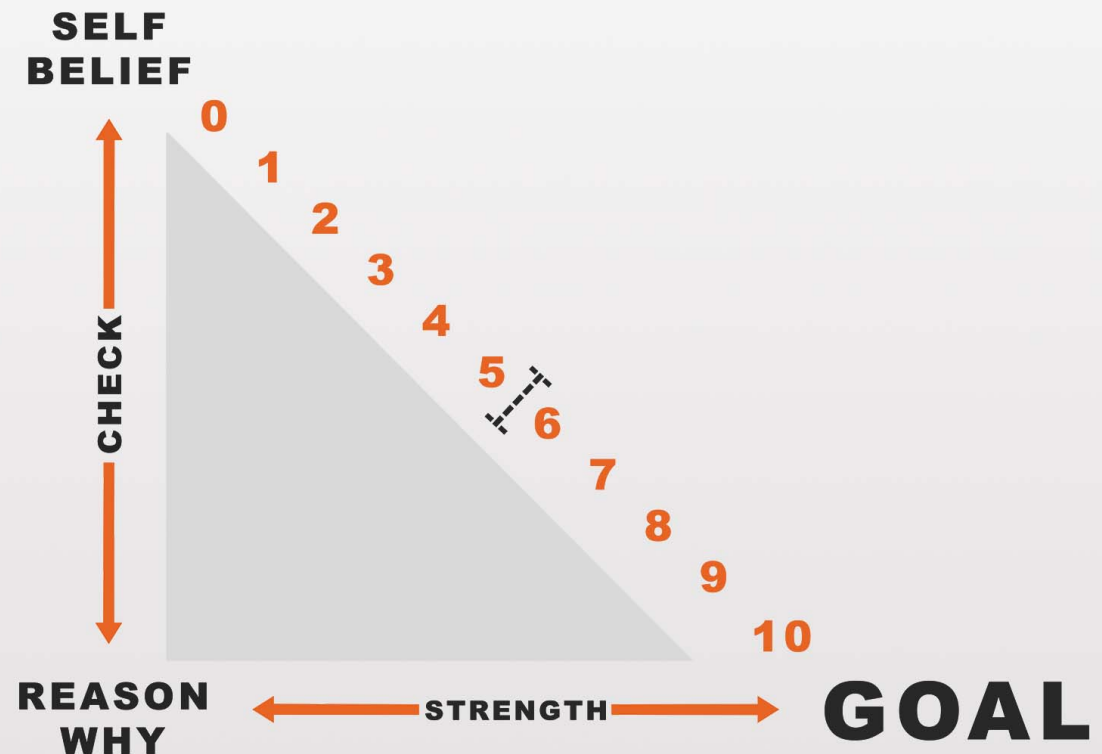
REASON WHY

WHAT are your reasons why?
WHICH is your strongest reason?

SELF BELIEF

On a scale of 1-10 how confident are you that you will achieve your goal?

Don't forget that you can share with others and help them.



Your Internal Triangle



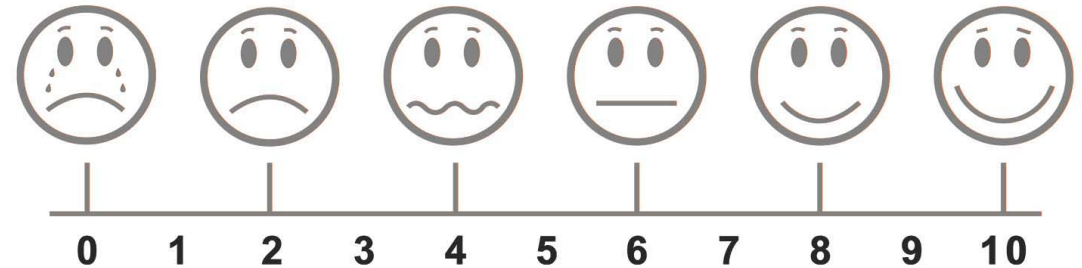
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1. GOAL

Answer the following questions.

WHAT is it that you want to achieve?
HOW will you know you have achieved it?
By WHEN will you have achieved it?
HOW will you celebrate?



2. REASON WHY

Write down your reasons why.
Decide which is your strongest reason.

3. SELF BELIEF

Use the scale on the right to decide how confident you are that you will achieve your goal.

If your **SELF BELIEF** 6 or above?
If it is a 5 or lower it is unlikely that you will achieve your goal. To increase your self belief to a 6 or above consider the following:-

Is your **REASON WHY** strong enough?
Is your **GOAL** too big?

You may need to use our **UMBRELLA GOALS** tool to break your goal down into manageable chunks.
You might need the **ELEPHANT STORY** to get planning your goal!

