

**E-magazine: Esteem Yourself E-magazine**

**Title: Personal Goal Questioner**

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Need advice about self-esteem, self-worth, or confidence? I'm here to help. If you have a question, send it to [info@esteemyourself.com](mailto:info@esteemyourself.com). I'd love to hear what's on your mind.

Have you kept your new year's resolutions? This year is going by so fast but some of us might find ourselves not even close to accomplishing our resolutions or goals that we set in January. Whether you set a goal for this year, last year or anytime before, get back on track! Evaluate your goals and keep track of them from today. You can download the Personal Goal Questioner by clicking [here](#).

### **Improving**

What do you feel you need to improve on?

Why do you think you need to improve on these areas?

What can you do to improve physically?

What can you do to improve mentally?

What can you do to improve emotionally?

Always continue to strive for improvement.

### **Weak Links**

What are your greatest fears?

What are your weakness?

Turn your weakness into strengths by tackling them one at a time. Never be afraid to try.

### **Your Unique**

What makes you unique?

Your uniqueness defines you. You are one of a kind.

### **Goals & Dreams**

What are your goals & dreams?

What are your strengths?

Let your strengths inspire you. Look forwards to accomplishing your dreams.

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