

TAKE THE REFOCUS TEST

This short test will help you pinpoint the goal you would like to work on using the ReFocus Tool.

Think of something that you would like to achieve, something that's important to you, but that you've been struggling to make a reality. It can be big or small.

- *For example, it can be a BHAG (big hairy audacious goal), like retaining talent in your organisation or starting a new business.*
- *Or it can be a small change in your daily routine, like going for a walk every morning or making time for two-minute breaks throughout the day to help you stay mentally fit.*

Use the following five questions to gain more clarity on your goal.

Either print this form or type your responses directly below. Writing things down enables a higher level of thinking, and therefore more focused action. Note: your input will not be seen, shared or stored.

1. What would you like to achieve?

2. Why is this important to you?

3. How will you feel when you achieve your goal?

4. How would you feel if, one year from now, you had not yet achieved your goal?

5. Now rephrase your goal (see Question 1), starting with the words "I can't..."

Does your "I can't..." statement ring true to you? If yes, congratulations! This will be the Key Belief that you will work on using the ReFocus Tool. By simply following the tool prompts, you will be able to transform this Key Belief into a plan of action that will help you to make your goal a reality. Go to the [ReFocus Tool](#).

If not, go back to Question 1 and take a few more moments to identify something that will change your life for the better, and something you are really struggling to make a reality. Need help? [Contact us](#) anytime.