

BeCAUSE!

GOAL PLANNER WORKSHEET

GOAL	DESCRIPTION
The thing you want to accomplish	A description of the thing. Be as detailed as you like but make it easy to understand.
<p align="center">Cause of DESIRE</p> <p align="center">You want this BeCAUSE... These things cause you to want it.</p>	
<p align="center">Method</p> <p align="center">There are many ways to accomplish something. Best to pick just one.</p>	
<p align="center">COUNTER CAUSE</p> <p align="center">This cause pops up to prevent you from success or you already know it as the reason for your lack thereof. I can't attain it BeCAUSE...</p>	<p align="center">ADJUSTED CAUSE</p> <p align="center">This cause is used to counter the counter cause. It's the antidote, the cure. The thing preventing me won't work BeCAUSE...</p>

Secret Formula Worksheet, © 2024 Alchemy, Mark Bradford, all rights reserved. As the owner of this book, you are granted permission to make copies of this sheet for your personal use.

ANTI-GOAL WORKSHEET

Current reality (the Anti-Goal) Where you are now	DESCRIPTION A description of the thing. Be as detailed as you like but make it an honest observation of NOW.
Cause of the situation/reality This is the situation BeCAUSE... These things cause you to be here	
1. BeCAUSE	
2. BeCAUSE	
3. BeCAUSE	
4. BeCAUSE	
5. BeCAUSE	
Method This is how you have engineered this situation. How are you able to have this in your life?	
Your Attempts The attempts you've made in the past to try to change this	Why it failed You can learn a lot from this fail.

Secret Formula Worksheet, © 2024 Alchemy, Mark Bradford, all rights reserved. As the owner of this book, you are granted permission to make copies of this sheet for your personal use.

BeCAUSE!

ANTI-GOAL WORKSHEET

Cause of the situation/reality

Break down the BeCAUSE further... Carry them forward from the previous sheet

1

BeCAUSE

BeCAUSE

BeCAUSE

BeCAUSE

Cause of the situation/reality

Break down the BeCAUSE further... Carry them forward from the previous sheet

2

BeCAUSE

BeCAUSE

BeCAUSE

Cause of the situation/reality

Break down the BeCAUSE further... Carry them forward from the previous sheet

3

BeCAUSE

BeCAUSE

BeCAUSE

Cause of the situation/reality

Break down the BeCAUSE further... Carry them forward from the previous sheet

4

BeCAUSE

BeCAUSE

BeCAUSE

Secret Formula Worksheet, © 2024 Alchemy, Mark Bradford, all rights reserved. As the owner of this book, you are granted permission to make copies of this sheet for your personal use.