

**ROMPS LIFE GOAL SHEET**

**Please make some time to sit with these questions. Please be honest and give each question real thought. This will help me to have a clear picture of where you are and where you want to be. When you are finished please email your responses to:** [**MIKE@ROMPSLIFE.COM**](mailto:MIKE@ROMPSLIFE.COM)

**Name:**

**Age:**

**Grade / School:**

**Cell:**

**Email address:**

**Home address:**

**Feel free to give examples to help me understand:**

**Why are you here?**

**What are 3 strengths (mental and/or physical) you possess?**

**What are 3 areas of your life you would like to improve?**

**What are your favorite things to do (what makes you happy)?**

**What bothers you the most (tell me at least two things)?**

**What is the best way to motivate you?**

**If someone were to describe you, what would they say?**

**What are your immediate goals (next 3 months)?**

**What are any fears or resistances that stand in your way of achieving these goals?**

**How many close, strong relationships do you have at this point? Please list their names.**

**Tell me on a regular day what it is you eat from the time you wake up to the time you go to sleep:**

**How much water do you drink daily?**

**On average, how much sleep do you get each night?**

**Are you someone who goes after what you want or are you a procrastinator who sometimes gives their best (feel free to explain in detail)?**

**Tell me about a time you felt accomplished (something your are proud of doing):**

**What are your long-term goals?**

**What are the obstacles that stop you from your dreams?**

**If you could change one thing about your life right now, what would it be?**

**Sites to visit:**

**Website:** [**http://rompslife.com**](file:////Users/michaelromps/Documents/%2522)

**Personal Facebook:** [**https://www.facebook.com/mikeromps**](https://www.facebook.com/mikeromps)

**Business Facebook:**[**https://www.facebook.com/Rompslife/**](https://www.facebook.com/Rompslife/)

**LinkedIn:**[**https://www.linkedin.com/in/michael-romps-95753980/**](https://www.linkedin.com/in/michael-romps-95753980/)

**Instagram:** [**https://www.instagram.com/rompslife/**](https://www.instagram.com/rompslife/)

**Twitter:** [**https://twitter.com/Michaelromps**](https://twitter.com/Michaelromps)