

BEGINNING STEPS

What is your goal?

What are the major challenges to achieve this goal? _____

What have you tried in the Past to reach your goal? _____

Why is Now a better time than before Now? _____

How will achieving your goal change your life? _____

Are you ready to do the work to make this change? _____ YES _____ NO

Why is it important to achieve this goal? _____

Start Now: Take a moment, close your eyes, envision yourself having achieved this goal.

What do you see/feel/hear different in your life?

Imagine you can take a selfie of how you look having achieved your goal. Place this picture in your heart and feel it! As you travel forward, anytime you begin to question yourself and the value of achieving your goal, imagine pulling out this picture and reminding yourself why it's important to continue forward. You are doing this for YOU...and you are worth it!!!

Imagination is the first step to achievement.