

## NEEDS

What are your needs right now? Do you need more time, money, confidence, or support? Maybe you've been working to release weight and it's not coming off fast enough. Maybe you are struggling to stop smoking. Maybe you're holding on to a relationship that isn't working.

What do you need to move forward?

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What action can you take to address this issue?

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What steps can you take today or tomorrow? Maybe it's making the first call for a new job, or an advisor or new friends.

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Do you feel capable of acting by yourself or do you need someone to encourage you? This is important since we can logically know what we need to do but then talk ourselves out of action.

If you do not feel capable or ready to take action now, then share your action plan with someone who cares for you and ask them to hold you accountable to act by tomorrow or the end of the week. Set a deadline!

DID YOU TAKE THE ACTION? YES NO (Reading this book is an action.)

**NO MORE EXCUSES!**