

PLANNING GUIDE

How can you move forward without taking the time to assess where you are and where you want to be? You probably know what isn't working (relationship, job, emotions, habits, etc.). What is working? You can start identifying what you want to keep in your life.

What is working in your life? List five things you would like to take with you as change occurs.

1. _____
2. _____
3. _____
4. _____
5. _____

What must go because it is too heavy, especially the emotional baggage such as anger, regret, guilt, worry, fear, even grief?

What is absolutely essential to take on this journey?
Narrow this list as much as possible.

I need: _____

What does your ideal life look like? Where are you living? Who/what is around you?

Pick a starting point. What is the most important task to focus on first?

What is the first step toward action to meet this goal? That's a standard question. Action facilitates change.

Hold yourself responsible to take this action. No one else can (or should) do it for you.

Repeat the last two steps over and over until you notice a shift in your environment, including your emotional state.

Now you are ready to start your new adventure forward! Acknowledge where you are so you can appreciate how much you change.

Today I am heading towards

Tomorrow I will be

Make a note of the changes you notice: Remember, it's a process.
