



AWARENESS: To see what it is, you must know what it isn't.

List the top 3 things that are not working in your life on your list from Step 1:

1. _____
2. _____
3. _____

Write the opposite of the 3 things on the left:

1. _____
2. _____
3. _____

CLARITY: Get a clear mental picture of what you want in your life.

Pick the top one from the right side (*the one you would like to focus on for the next 5 weeks*) and write it below:

Write a few sentences about what it would look like in your life to be living this way, get as detailed as you can. This is the start of creating it in your life.

FOCUS: Create action steps and focus on completing them one by one.

List 3 doable steps that would move you forward in making this happen in your life:

1. _____
2. _____
3. _____

Pick one step from above and put the date next to it for when you are going to complete it.

_____ DATE: _____