

Making Good on Goals - Week 1

"Life starts when you know what you want and are willing to work hard to get it."
-Mickey Mouse

Deciding What You Want

What would you love to DO?

What would you love to HAVE?

What would you love to BE?

Share a snapshot of a day in your perfect life:

How do you FEEL in your vision?

What's your BIG dream?

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Facing Your Fears

What do you fear you'll have to do to live your dream?
I'll have to...

What do you fear it'll mean if you achieve it?
I'm afraid...

What is the worse possible outcome?

What is the best possible outcome?

Why can't you have what you want?

Identify new beliefs that feel true and prove your old beliefs aren't true:

Reference this list anytime you catch yourself falling into old habits of thinking and need to reframe of your perspective.