

Weekly Worksheet

Category: _____

What do I really want? Write 3 things I specifically want in this category

1.

2.

3.

Star ONE of the above that I want to focus on today.

WHY

1st: **Why** is this IMPORTANT to ME?

2nd: What is the **PAIN** in not having exactly what I said I want (in this category) and how does it make me feel?

3rd: **What will it be like, or feel like** when I have exactly what I want (in this category)?

Why don't I have exactly what I said I want (in terms of this category)? *** this is often the missing link to our success -

**How you do anything is how you do everything

Strategy

Write down a strategy or overview plan as to How to Create my want a9in terms of this category)

Action

My first 3 steps to improve this category element must be simple, doable an must be completed before next weeks call *Warning: work within 30 minute time slots. If your action step takes longer than 30 minutes you risk the possibility of procrastination and not completing the action step!!

1-

2-

3-