

FOCUS AREA Use one worksheet per focus area	<input type="checkbox"/> BODY <input type="checkbox"/> SELF <input type="checkbox"/> EVERYTHING NOW	DATE
NOTES Make notes as you watch the videos and make your reflections. Do you have a limiting belief on this topic?		
IMAGINING SUCCESS Make some notes on how things will be different when you succeed		
MY INNER EXPERIENCE <ul style="list-style-type: none"> • How will I feel/what will I see differently when I succeed? • What will give me the motivation to persist? 	MY OBSERVABLE ACTIONS <ul style="list-style-type: none"> • What actions can I take? • How do I track progress? 	
MY SHARED EXPERIENCES <ul style="list-style-type: none"> • How can I get support, accountability and feedback? • Can I support others taking similar steps? 	MY KNOWLEDGE & ENVIRONMENT <ul style="list-style-type: none"> • Should I adjust my environment/schedule? • What knowledge would support me, how to acquire it? 	
PRACTICE DESIGN		
BRAINSTORM 10 THINGS YOU COULD DO <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 	CHOOSE 1-3 THING(S) YOU WILL DO. Is it an observable action? If not, how will you know if you have done it?	
FOR HOW LONG, HOW OFTEN? Is the ambition small enough that you can do it most days? Is it big enough that it creates interest?	HOW WILL YOU REMEMBER? What is your cue?	
WHAT WILL KEEP YOU MOTIVATED? What is the reward?	OBSTACLES & ENABLERS? Is there something you need to adjust in your environment or schedule, something you need to buy/borrow, someone you can ask for support?	