

Benefits Sheet

List up to seven benefits that you will experience by making your desired changes.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Why is it so important that you take action starting right now?

What will be a sign of success for you over the next week, month, year?

Week:

Month:

Year:

Thinking: What must I be thinking to achieve my goal?

Feeling: What must I be feeling to achieve my goal?

Action: What specific steps must I take to achieve my goal?

What is a particular time (i.e. encounter, experience) in your life that you felt tremendously successful?