

Exercise:

Now this may sound strange, but hopefully, there is something about yourself or your life that does not suit you. Why would this be a good thing? Because your dissatisfaction can be used as a source of motivation to make the changes you want.

What do you want that you don't have now?

Why do you want this?

Can you think of any more reasons this change would do you good? Try to list three more.

What are your obstacles?

How will you overcome these obstacles?

Will you need any help? Who can help you?

What would be some ways you make this change in your life?

What do you think you will do? (Hint- How would it influence your life if you just worked on this 1% more each day?) Try thinking of small daily steps and influencing rather than one giant step of control.)



What would be a small step you could take now in the right direction?

In order to have the time and energy to do what you most want, would you have to say “No” to doing some other things? Remember that sometimes saying no is required to have the power to say yes to what is most important to you.

