



Change is the only constant.....

Your thoughts and intentions create your reality.....

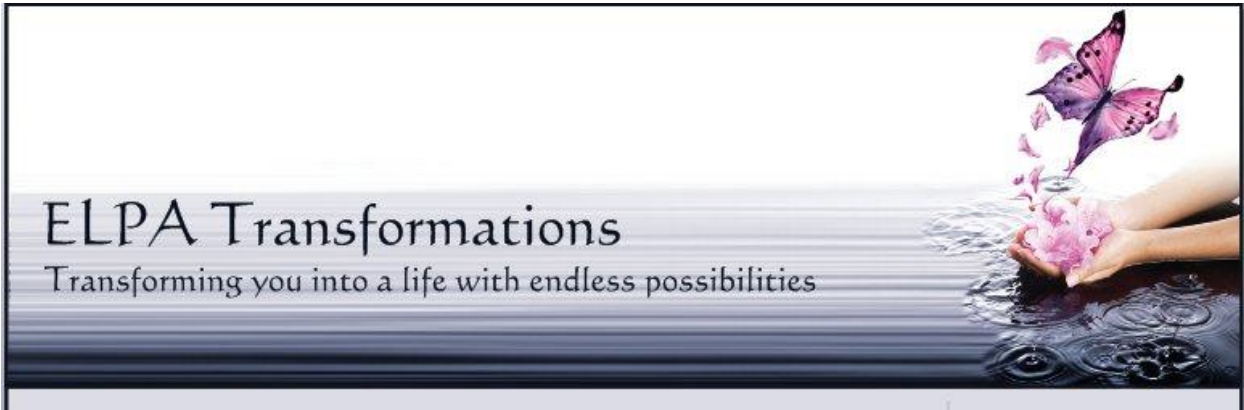
Step One - Set a Clear Intention (also known as a goal)

My intention/goal is: _____

It is important to me because: _____

I want to achieve my intention/goal by _____ (date)

When I achieve my intention/goal, I will feel: _____



Step Two – Removing the obstacles!

The obstacles I need to overcome to achieve my intention/goal are: _____

To overcome these obstacles, I need to _____

Step Three – Step into Action!

In order to reach my goal, I will commit to _____ : _____

I will commit to do this by _____ (date)

I will know I have succeeded when: _____

It is important to realize that change is inevitable and necessary in order for us to move forward – What are you willing to change in order for you to achieve your goal?

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty” – Maya Angelou