

# OBSTACLES

## *four day challenge*



### PAGE TWO - WEIGHT

What results do I want in my life?

- 1.
- 2.
- 3.

How committed are you in achieving your goals?

Let's make an action plan. I want you to select ONE of the above desired results.

Let's do this together.

Results:

Actions:

Feelings:

Thoughts:

How much time do I plan to work on this goal to receive the results I want?

Accountability: Science shows that if you have accountability with getting the results you want, you will achieve your goals much quicker. So let me be there to help you be accountable.

Send me your goal, along with your timeline and I will follow up with you.

It's a please to help you create the results you want.

Notes:

*Beliefs are just thoughts we have thought over and over. Change our thoughts - and we change our beliefs*

