

OBSTACLES

four day challenge



PAGE TWO - YOURSELF

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:

Hope is available for each one of us to overcome our obstacles.

