

TAKE ACTION – OVERCOME YOUR BIGGEST CHALLENGE

Answer the following questions.

1. What is “one thing” you want to do or achieve in the next 3-6 months?

2. What is your biggest challenge?

3. What are the negative thoughts that you have about your “one thing”?

4. How can you change the negative thoughts to positive thoughts?

5. What are the excuses you are telling yourself, so you don’t make this “one thing” happen?

6. What are the real reasons why you should do this “one thing”?

7. What are actions you should be taking to make this “one thing” a reality?

8. When are you going to take these actions?

9. Who are you going to talk to this about that can help support you in taking these actions on time?

10. How are you going to feel if you accomplish this “one thing”?

If you are struggling, just remember how you will feel if you accomplish this “one thing” and keep working to get that feeling.

Let me know how this goes for you! I hope you are taking the right steps to accomplish your dreams!

Until next time!

Janet

XOXO