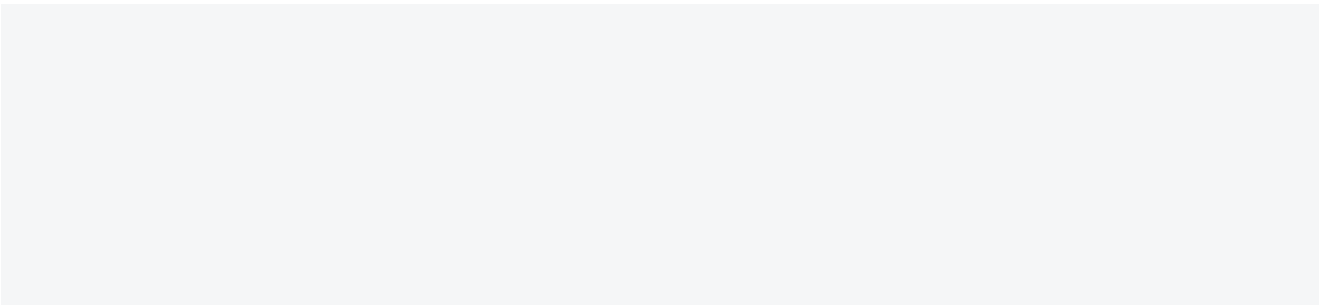
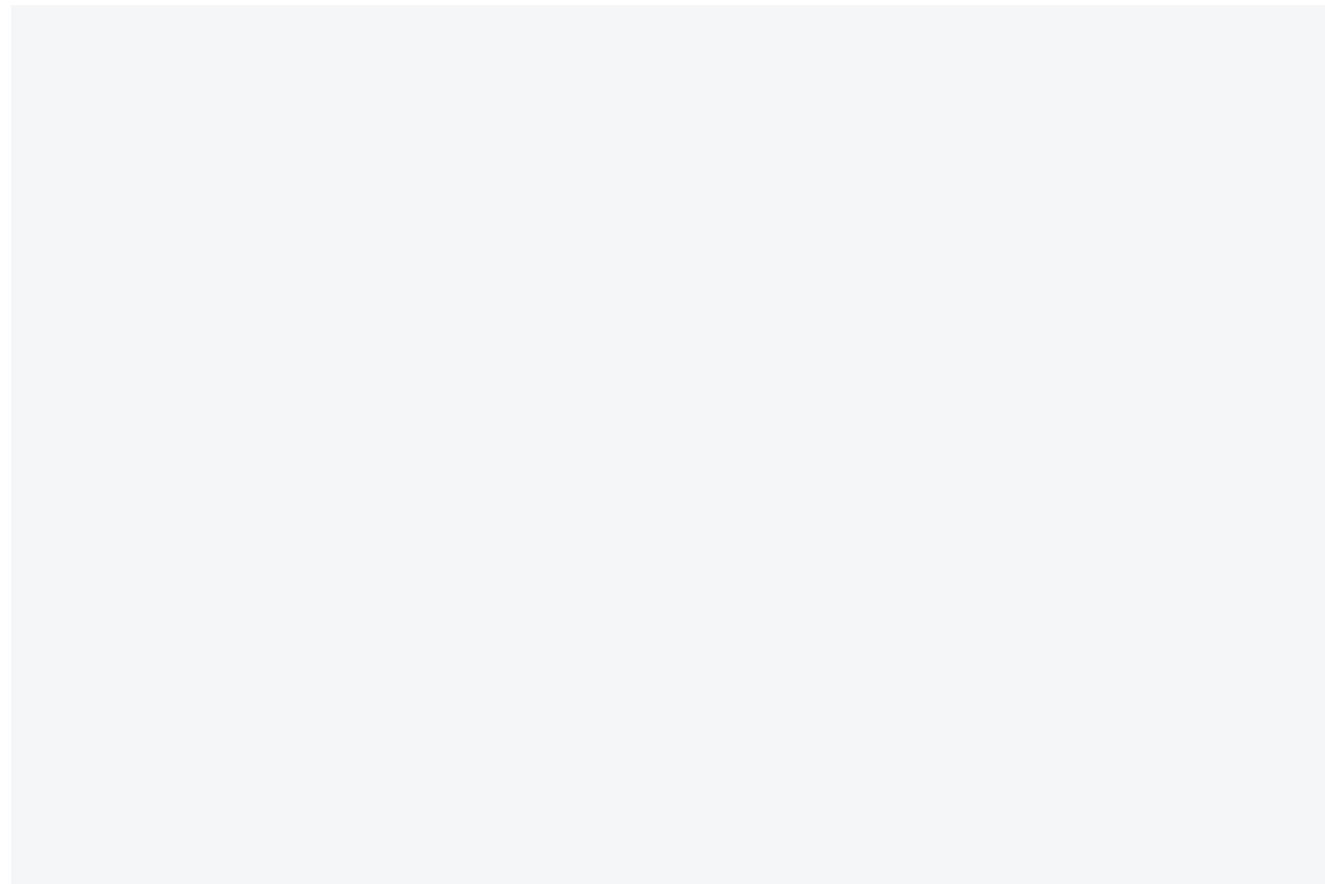


YOUR WHY

WHAT IS ONE RESULT THAT YOU REALLY WANT THIS YEAR?



WHAT ARE THE COMPELLING REASONS FOR WHY YOU WANT THIS RESULT?



COMMITMENT

COMPLETE THIS WORKSHEET TO SURFACE YOUR OPTION "B" FOR EACH GOAL.

1. WHAT RESULT DO YOU WANT (YOUR ANNUAL GOAL)

2. WHAT IS ANOTHER OPTION YOUR BRAIN IS WEIGHING? (THIS IS YOUR OPTION B)

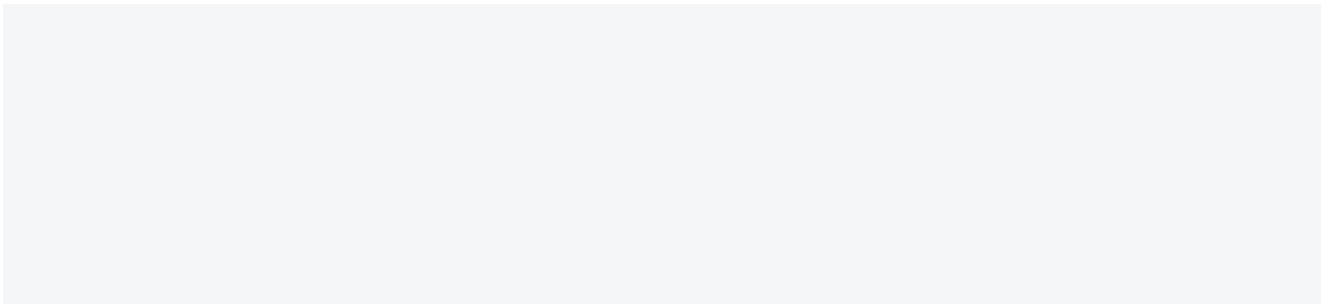
3. WHY IS OPTION B APPEALING TO YOU?

4. WHAT IS OPTION B HELPING YOU AVOID? LIST BOTH POSITIVE AND NEGATIVE EMOTIONS.

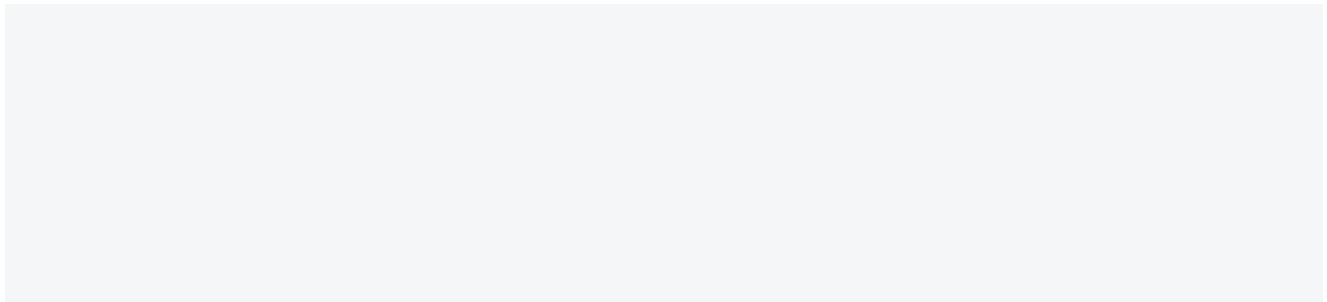
COMMITMENT

COMPLETE THIS WORKSHEET TO SURFACE YOUR OPTION "B" FOR EACH GOAL

5. WHO WILL YOU BE IF YOU STAY WITH OPTION B?



6. WHAT WOULD YOU HAVE TO LET GO OF IN ORDER TO PURSUE OPTION A?



7. WHAT IS APPEALING ABOUT THE PERSON YOU'D HAVE TO BECOME TO ACHIEVE OPTION A?

