

Another Beautiful Life

Date _____

Goal Setting: The Plan - Step 2

Get it done! Print "Step 2" and record everyday as you move towards your goal.

1) What did you accomplish yesterday?

2) What's on the schedule for today?

3) What are your thoughts and feelings about it? Do a mini Thought Download.

Another Beautiful Life

Date _____

Goal Setting: The Plan - Step 2 - Pg. 2

4) Complete a Model on one of the thoughts that isn't serving you:

UNINTENTIONAL MODEL

C _____

T _____

F _____

A _____

R _____

5) How do you want and need to feel to get this work done today? What would you need to be thinking?

6) Create a model with the new thought:

INTENTIONAL MODEL

C _____

T _____

F _____

A _____

R _____