



Nothing is impossible, the word itself says "I'm possible." ~ Audrey Hepburn

1. What is one goal that you are committing to work on for the next 30 days?

2. Every day ask yourself or write down the following in reference to your one goal:

What did I accomplish yesterday?

What is on the schedule for today?

What are my thoughts & feelings about my goal right now? (Mini Thought Dump)

Complete a model on one of the thoughts that is not serving you.

C	
T	
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R	

How do I want and need to feel to get this work done today? **Create a model with the new thought.**

C	
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