Life in Your Lap - 5 Step Process

Step 1: Decide you want something to be different and are willing to do the work to make it happen. Do not underestimate the power of this step. It sets everything else in motion.

My decision: I am willing and ready to _ Step 5: Make a list of all the actions you need to take to achieve your vision Actions X You Are Here O You Want to Be Here Step 3: Visualize where you Step 2: Do an Obstacles/Barriers/Resistance want to be (your Sweet Spot). Assessment--what's This is what you want vs. working and what's Step 4: You get clear on your not working what you currently have. Obstacles/Barriers/Resistance

Notes: