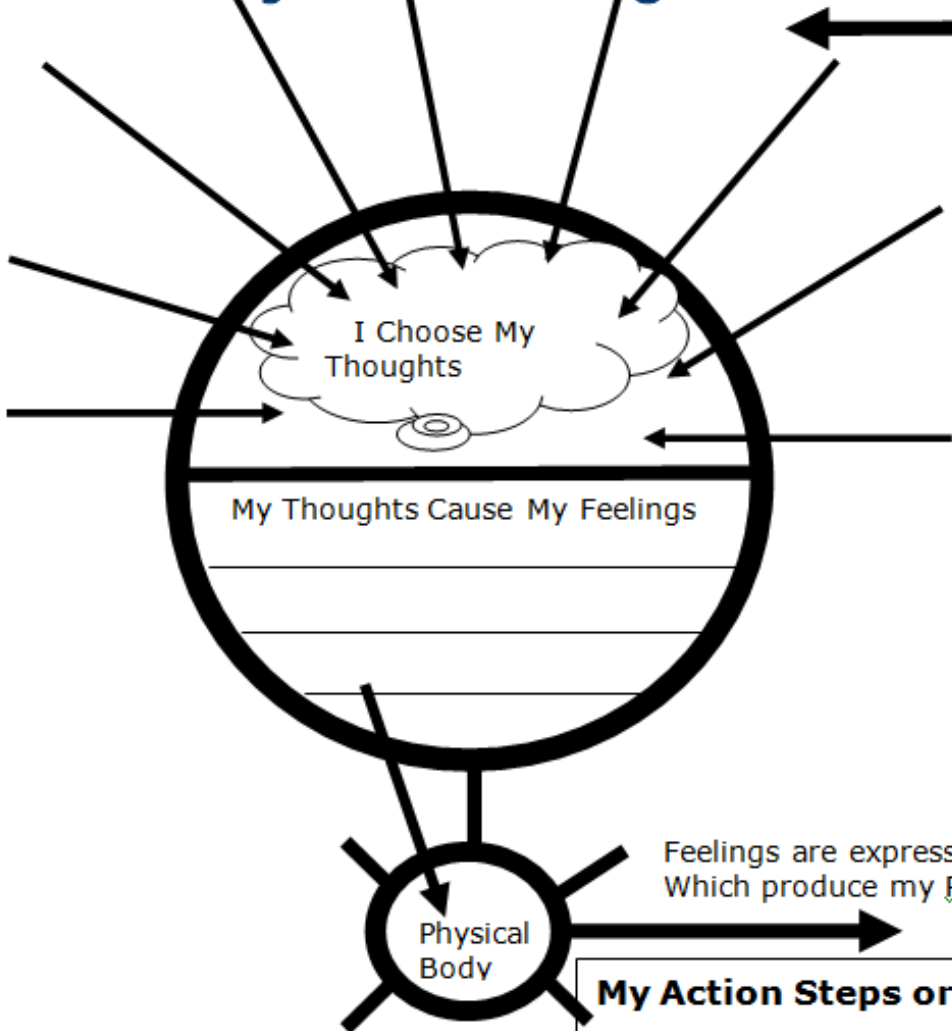


Week 12
Activity 2
Worksheets

My 'I am' Thoughts

I Choose My Results



WHO I CHOOSE TO BE
WHAT I CHOOSE TO DO
WHAT I CHOOSE TO HAVE

My Action Steps or Goals

In your journal

Write out your long term goal, and what it's like to achieve your goal, and how your life has improved because of it.

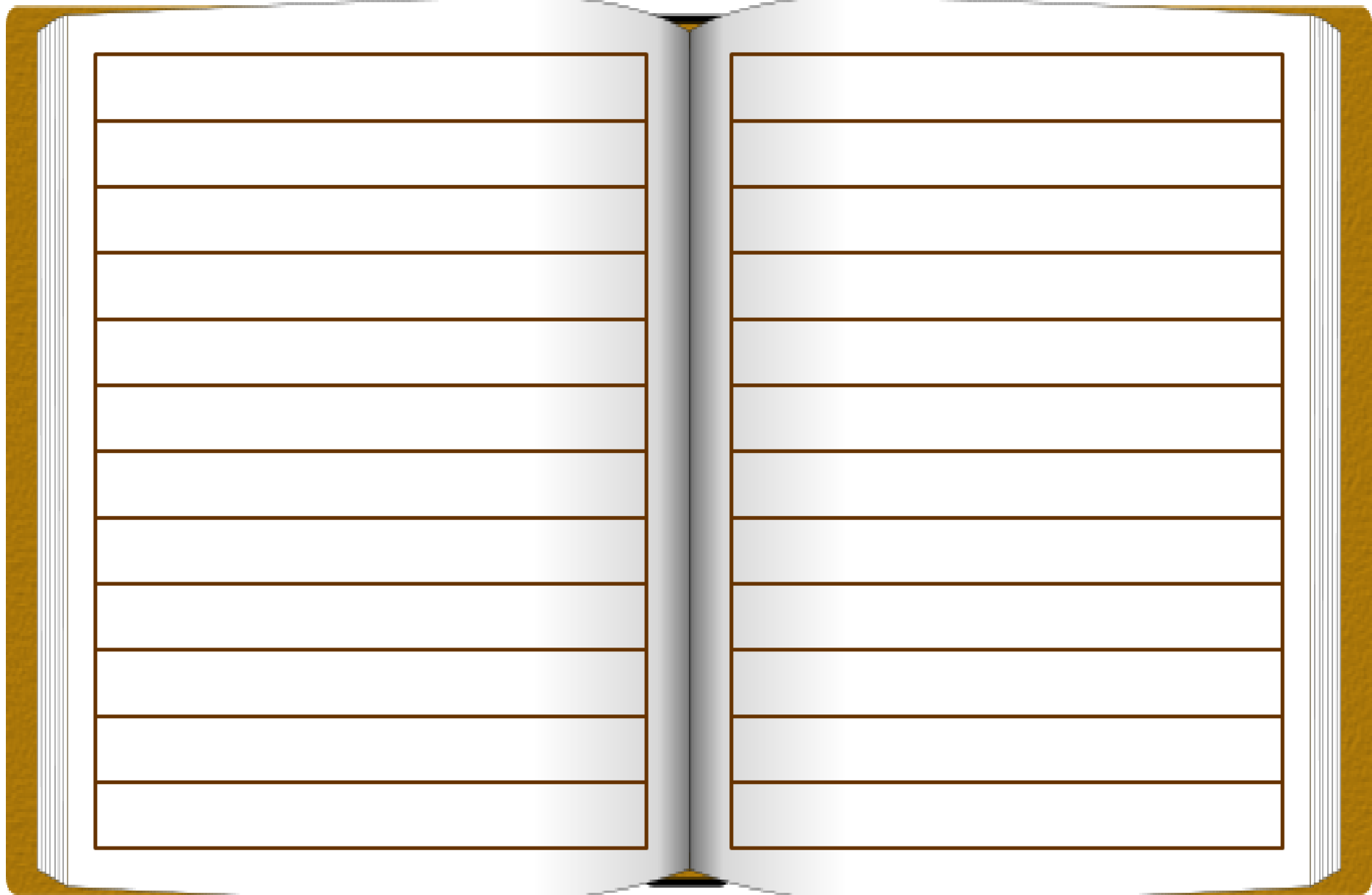
Then write out your short term goal and a goal you need to do immediately.

Create an affirmation expressing how happy and grateful you are now that you have what it is that you truly desire.

I am so happy and grateful now that ...

Then write out what you have accomplished by achieving your goal.

My Journal



Set a goal to achieve something so big so exhilarating that it excites and scares you at the same time.

It must be a goal that is so appealing, so much in harmony with your spiritual core that you cannot get it out of your mind.

This goal must be one that will dominate your thinking all of your waking hours.

It will be a goal you must commit to.

It will be an idea so spectacular that you will instantly relate to the renown psychologist Alfred Adler when he said,

“I am grateful to the idea that has used me”

You must set a goal for which you will willingly trade the days of your life. ~ Bob Proctor

My Purpose Statement

My Goals

Date

My Purpose Statement

My Goals

Date

My Purpose Statement

My Goals

Date

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My Goals

Date

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My Goals

Date
