

Plans to Create Positive Change in Your Life

What You Would Like Your Life To Be Like One Month From Now And How You Can Make It Happen

How would you be spending your time?

What can you do to insure that you will be spending your time this way?

How would you feel?

What do you need to do to help yourself feel like this?

Who would you be spending time with?

How can you make sure you will be spending time with these people?

Where would you like to live or what would you like your living space to be like?

What can you do to make this happen?

Who could help you make all these things happen?

Are you going to do it? _____ If not, what is stopping you?

What You Would Like Your Life To Be Like Six Months From Now, And How You Can Make It Happen

How would you be spending your time?

What can you do to insure that you will be spending your time this way?

How would you feel?

What do you need to do to help yourself feel like this?

Who would you be spending time with?

How can you make sure you will be spending time with these people?

Where would you like to live or what would you like your living space to be like?

What can you do to make this happen?

Who could help you make all these things happen?

Are you going to do it? _____ If not, what is stopping you?

What You Would Like Your Life To Be Like One Year From Now, And How You Can Make It Happen

How would you be spending your time?

What can you do to insure that you will be spending your time this way?

How would you feel?

What do you need to do to help yourself feel like this?

Who would you be spending time with?

How can you make sure you will be spending time with these people?

Where would you like to live or what would you like your living space to be like?

What can you do to make this happen?

Who could help you make all these things happen?

Are you going to do it? ____ If not, what is stopping you?
