



FREEBIE TEMPLATE:

ACTIONABLE STEPS

POTENTIAL OBSTACLE:



ACTIONABLE STEP:

POTENTIAL OBSTACLE:



ACTIONABLE STEP:

POTENTIAL OBSTACLE:



ACTIONABLE STEP:

POTENTIAL OBSTACLE:



ACTIONABLE STEP:



FREEBIE TEMPLATE:

FLEXIBLE PLANNING

HOW LONG WILL IT TAKE:

- 5 MINUTES
- 15 MINUTES
- 30 MINUTES

HOW OFTEN WILL I DO IT:

- DAILY
- WEEKLY
- MONTHLY

HOW I WANT:

- TO BE:
- TO FEEL:
- TO APPRECIATE:
- TO LET GO OFF:
- TO ATTRACT:
- TO INTEND:
- OTHER:

ACTIONABLE ITEM:

ACTIONABLE ITEM:

ACTIONABLE ITEM:



FREEBIE TEMPLATE:

FEELING MY FEELINGS



ACTIONABLE ITEM:

BEFORE I FELT...

AFTER I FELT...



ACTIONABLE ITEM:

BEFORE I FELT...

AFTER I FELT...



ACTIONABLE ITEM:

BEFORE I FELT...

AFTER I FELT...

