BREAKTHROUGH YOU!

52 Ways to Dramatically Transform Your Life



WORKSHEET

REGINA BRYAN
Coaching* Training * Consulting
www.reginabryan.com/ReginaRBryan@gmail.com

WORKSHEET

BREAKTHROUGH YOU!

52 Ways to Dramatically Transform Your Life

Even if you want to change everything about your life, you'll have greater success if you change one thing at a time. You might be in a hurry, but it's a more effective way than making multiple changes at once.

Making small changes can give big results! Give it a try and see for yourself.

Answer these questions to gain a better perspective of how to make small changes that will bring you the results you want in your life:

1. How would I describe my finances? What changes in my behavior do I need to make in order to achieve my financial goals?

2. How would I describe my health and fitness? What changes in my behavior do I need to make in order to achieve my goals in these areas?

3. What are my top five goals? What habits should I eliminate to have a better chance of attaining these goals?

4. What is my single, most important goal for the next 12 months? Why?

5. In what areas of my life do I need the most work to be happy and content?

6. Why have I failed in the past? What changes can I make to be more successful in the future?

7. What are the primary ways I waste time? Which of these am I willing to give up?