



## FREEBIE TEMPLATE:

**ACTIONABLE STEPS** 

POTENTIONAL OBSTACLE:	ACTIONABLE STEP:
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POTENTIONAL OBSTACLE:	ACTIONABLE STEP:

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## FREEBIE TEMPLATE:

## FLEXIBLE PLANNING

HOW LONG WILL IT TAKE	ACTIONABLE ITEM:
5 MINUTES	
15 MINUTES	
30 MINUTES	
HOW OFTEN WILL I DO IT	Γ:
DAILY	ACTIONABLE ITEM:
WEEKLY	
Monthly	
HOW I WANT:	
То ве:	
TO FEEL:	ACTIONABLE ITEM:
To appreciate:	ACTIONABLE TIEM.
TO LET GO OFF:	
To attract:	
TO ATTRACT.	
TO INTEND:	





## FREEBIE TEMPLATE:

FEELING MY FEELINGS

ACTIONABLE ITEM:			
BEFORE I FE	LT	AFTER I FELT	
ACTIONABLE ITEM:			
BEFORE I FEL	Г	AFTER I FELT	
		<u>U</u>	
ACTIONABLE ITEM:			
BEFORE I FEL <sup>°</sup>	Г	AFTER I FELT	