

Humane Being



Helping people be humane beings

To help you make progress please answer the following questions and put this form where you can see it please just respect the fact that the being model is our copyright. Thanks!

Question	Your answers
<p>B - base - where am I now on my journey ?</p>	
<p>E - where do you want to be ultimately ? envisage where you want to be - make this inspirational - imagine congratulating yourself or others congratulating you on your progress</p>	<p><i>Write your goals as something Specific, Measurable, Ambitious but Realistic and with a time frame</i></p>
<p>I - why is achieving this important to you ? How will you feel when you get there ? What can you do to keep yourself motivated ?</p>	
<p>N - next steps - what steps might help you make this journey ? What support /help can you get ?</p>	
<p>G - which of these potential steps are you going to do ? Which ones (s) can you do today ?</p>	<p>Today : Tomorrow :</p>

Start today - don't delay - taking small steps is better than taking no steps!