

Step 1
What do you hope to accomplish?

Step 5
What emotions and behaviors typically get in the way of accomplishing your goal?

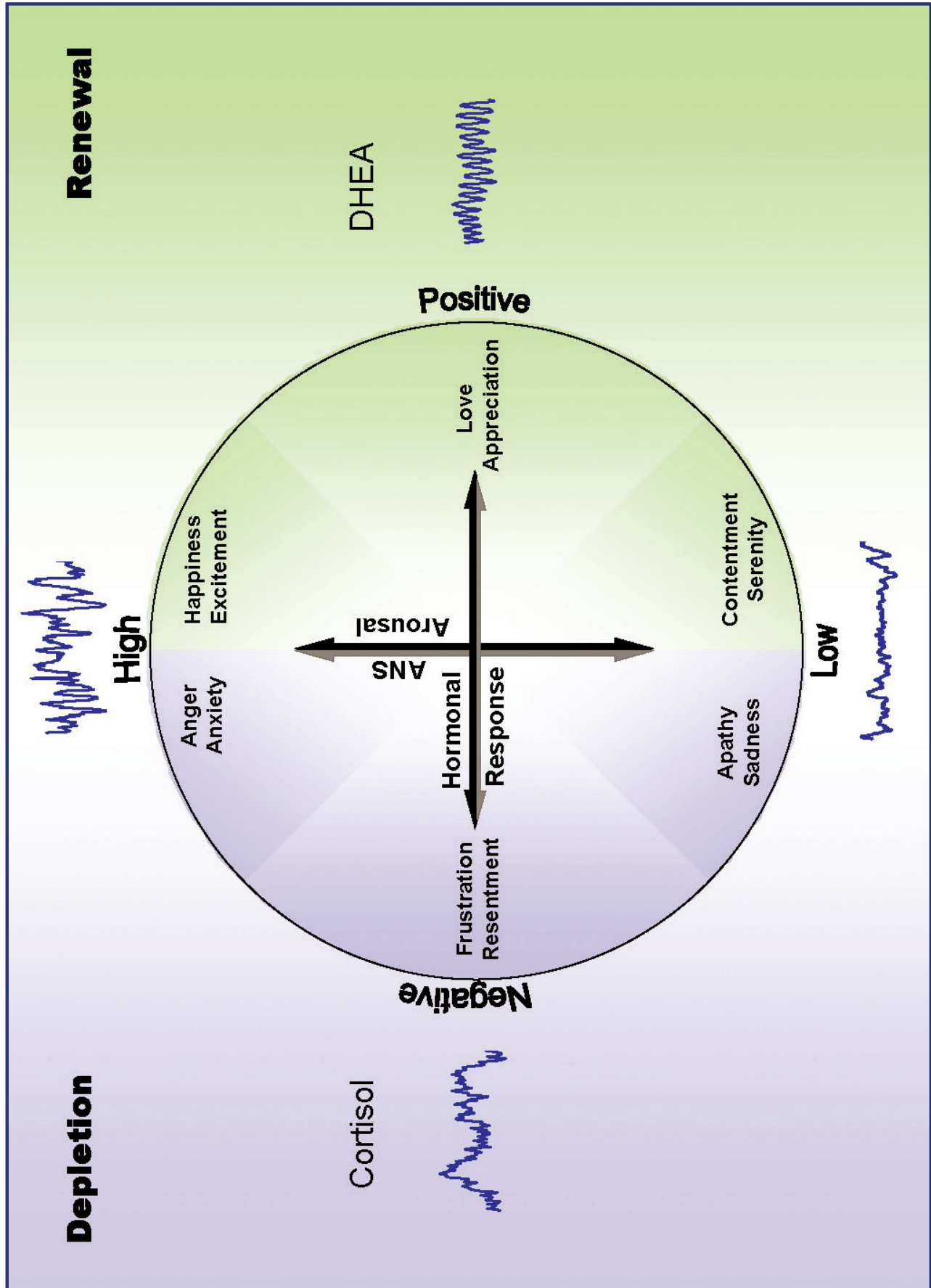
Step 2
Consider all the emotions you have been experiencing over the last few days and write them in the appropriate quadrant.

Step 6
What thoughts, attitudes, behaviors or emotions will help you achieve your goal?

Step 3
Write the word 'Now' where you spend most of your time.

Step 4
Write the word 'Goal' where you would like to spend more time.

Rx



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