

MY COMMITMENT

*THIS WORKSHEET IS FOR YOU TO GET VERY CLEAR ABOUT WHAT YOU WANT AND WHY YOU WANT IT.
THIS IS ONE OF THE MOST IMPORTANT EXERCISES YOU CAN DO FOR RESULT ACHIEVEMENT.*

WHAT IS YOUR DESIRED RESULT?

WHY?

WHAT WILL IS COST YOU IF YOU DON'T COMMIT OR FOLLOW THROUGH?

WHAT MUST YOU BELIEVE?

HOW DOES IT FEEL?

WHAT WILL YOU HAVE TO STOP BELIEVING?
