



How would a day like this make you feel?

How does this summary compare to your typical day, on a scale of 1-10?

1      2      3      4      5      6      7      8      9      10

Reflect on the differences between the ideal and typical days. What are some practical ways you could make your ordinary day more like your GREAT day?

What activities would you choose to spend more time on? Which would you spend less on?

<b>Choose one thing in your life you would most like to change:</b>	<b>Pros</b>	<b>Cons</b>
<b>Now I...</b> <i>(choose some way you spend your time):</i>	1.	1.
	2.	2.
	3.	3.
	4.	4.
<b>I would like to...</b> <i>(how else might you spend that time):</i>	1.	1.
	2.	2.
	3.	3.
	4.	4.

### **Developing an Action Plan:**

What are some of the reasons you would want to keep things the way they are now? What are some of the reasons for making a change?

On a scale of 1-10, how important is this for you to do?

1      2      3      4      5      6      7      8      9      10

On that same scale, how confident are you now that you can change this?

1      2      3      4      5      6      7      8      9      10

What would motivate you to make this change?

What steps would you need to take to make this change happen *(be specific)*?

- 1.
- 2.
- 3.

What barriers will you face and how can you overcome them *(be specific)*?

- 1.
- 2.
- 3.

How will you track your success?