

DATE TODAY

DATE OF DESIRED CHANGES TO BE IMPLEMENTED



(Accept it, change it or leave) What exactly are you trying to decide?

1. Do you just need to re-commit? Everyone needs to re-commit and there's no shame in that. We all lose sight of the end vision and forget the real reasons why we are doing something, so it's so important to tune in with those reasons and visions regularly. So first of all, tune in with those big visions and those big 'why's' before you make any decisions about changing anything or letting anything go. It might be as simple as reviving the spark and you'll be up and running again!

2. Get Real. Sometimes we need to take a reality check and take a step back from the doing and check that what we are doing is taking us where we want to go. Is the work, effort, sacrifice you're taking worth the end result? If not, what would you like to change? What are you willing to accept? When is it time to leave? Where do you need to get real?

3. Don't take the cookies out before they're cooked. Sometimes we just expect things to happen too quickly - but how quickly is too quickly? Well I guess if you're enjoying it and can afford to wait, then keep doing what you're doing and you'll get a breakthrough in then end. But if you're missing out on important stuff, or you're suffering too much - emotionally, financially - then maybe it's time to rethink your approach. How long are you willing to keep doing what you're doing, how you're doing it How long CAN you keep doing it

4. Are you too hung up on the outcome? If all you're hankering for is the end result, you're missing the journey along the way. Where are you missing the enjoyment? Where are you missing the fun? The rewards? How can you enjoy the process more? Where are you suffering too much?

5. Are you simply worried about what others will think, say or do if you change?. Write down your fears around how you think others will react? Are they warranted? Does it really matter what others say or do?

6. Take a joy test! How much enjoyment are you getting? There's a 'shit' sandwich in anything we do, but I don't think this should be a very big one! How much time are you realistically putting into your project and how much is joy/shit?



7. How often have you been thinking about changing it? Has it been consuming your thoughts for some time and you've been pushing them away?

8. Take the balance test. What have you let slip in order to focus on your goals and visions. Sometimes we get too hung up on one thing and lose sight of the other equally important things in our lives that need attention. Bring your focus back to all of them - your relationships, health, lifestyle, finances ...

9. Are your expectations too high? What are the real reasons you are thinking of changing? Leaving? Can you accept things if you change your expectations on yourself, the outcome, the results?

10. What can you do to change things? How can you approach things differently? What are your choices right now?



What are your final decisions? Write down what you are willing to commit to and a time period you will follow it through. If you are constantly changing your mind, you'll never achieve any level of success or follow through, as your mind will be constantly talking to you and questioning your actions.

COMMITMENT 1. AND TIMEFRAME

COMMITMENT 2. AND TIMEFRAME

COMMITMENT 3. AND TIMEFRAME

COMMITMENT 4. AND TIMEFRAME

COMMITMENT 5. AND TIMEFRAME

