

7 Steps To Action

1. What is your desired outcome? Or...What do you want to happen?
2. What will having that do for you? Or...What's important about that?
3. How will you know when you're getting the results you want? What will you notice? How will you feel?
4. What is stopping you from following through on this right now?
5. What needs to change?
6. How do you know this is what needs to happen?
7. Based on these insights, what actions are you going to take and by when?