



**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**