

I must - I can - I will

I MUST

Why is this goal a MUST?

What will transform in your life when you will reach this goal?

What more will you be able to accomplish once you reach this goal?



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What stepping stone is this a MUST for?

What will happen if you don't reach this goal?

Other comments or thoughts that came up?



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What can I do to reach this goal?

From what you wrote above, are they fun?

From what you wrote above, are they realistic and challenging, or does it create anxiety?



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From what you mentioned above, have you brought them in your life in the past?

Any adjustments needed to your CAN list?

Other comments or thoughts that came up?

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How WILL you bring forward this goal?

Why WILL you bring forward this goal & habits?

What affirmations and mantra create positive energy for WILL-POWER?



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Are you ready to get out of your comfort zone?

What support will you seek for success?

Other comments or thoughts that came up?



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Next steps

Now that you have taken the time to do this homework, set some time daily to review your journal, write/read/repeat the affirmations you listen, and yes, don't forget to seek support to keep you accountable!

And, do share your thoughts in our private group!

Let's inspire each other to create that WILL-POWER for life success!

Dina xo

www.DinaMerhbi.com

