



HOW TO CHANGE ANYTHING IN YOUR LIFE, STARTING TODAY!

This is a framework designed to help you assess what to change in your current reality and achieve anything you want. To reach for what we want, it's important to evaluate ourselves, change our thinking patterns, which changes our behaviours and gets a different outcome. Enjoy this process – you'll be amazed at what you might be holding back and how easy it can be to take steps closer to your ultimate goals!

ULTIMATE GOAL: This might be as simple as "I walked for 30 mins today" to the achievement of your ultimate purpose. What is it that you've achieved either as a specific SMART objective (I have turned over \$1mil by x date), or simply just a way of thinking (I am more confident)?

CURRENT STATE: How do you currently think and feel? What are the fears, beliefs, and self-talk that affect your ability to achieve the Ultimate Goal?

WHAT'S SHIFTED: What do you need to let go of, change, or overcome to go from your Current State to the Future State?

FUTURE STATE: Now that you've achieved your Ultimate Goal, what thoughts/ beliefs/ feelings do you have? Who is the person that achieved the goal?

TODAY'S ACTIONS/ BELIEFS/ INTENTIONS: What are the tiny changes that you can make today that will start to move you through the "What's shifted" phase into your Future State.? Think TINY STEPS, if you can be 1% better at just one small change, then you're progressing! Repeat daily on any goal!
