



Enjoy the Life You Want To Live. Your Financial Freedom Starts Now!

Exercise

Think about how taking a small action today can change your results immediately. Over the past few lessons we have learned to change our thoughts in order to change our decisions. Today we will take actions on our new decisions. Today you will set and achieve your goal.

Contact 1 or more people that have made a difference in your life and let them know how much you appreciated their actions. This will result in a win-win situation for you and the person you contacted. Your deadline for doing this will be by the end of week.



Below you will write the name of the person you are contacting and how they made a difference in your life. (This may be a co-worker, old friend, family member, or someone you just met yesterday.)

1. _____
2. _____
3. _____

Remember how this made you feel by taking action on such a small goal.

Now imagine creating larger goals and attaining them. How will this make you feel?

Imagine the possibilities!