

Workshop Worksheet  
*A Plan*

**A Plan is a series of decisions in advance.**

Make a plan to be as joyful as possible as the new way you want to live your life.

*That's a Plan for success.*

Measurable Result:

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Timeline to reach it:

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Are you in a hurry to reach this goal?

Yes

No

What would I need to do to \_\_\_\_\_ in \_\_\_\_\_?  
(fill in during workshop)

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If you were \_\_\_\_\_, what else would you do?

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Imagine yourself at the end date. How do you feel with this new result?

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Start Date:

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End Date:

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List all the reasons this is possible for you?

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