



Big 5 Visioning Exercise

Confidence is a capability I'm building. For the next 12 months,
this contract to myself is how I'm building it.

Fill in the blanks below to commit to your desires this year.

My Top 5 Desires

1. _____
2. _____
3. _____
4. _____
5. _____

My Commitments To Myself & Others

- Health _____
- Money _____
- Love/Relationship _____
- Career _____
- That Which Is Greater _____

What Kind of Courage I'll Need

I accept that I'll need COURAGE to build CONFIDENCE.

The kind of courage I'll need most is:

At times, things will GET HARD and NOT WORK.

When this happens, I'll have the courage to

_____, when

in the past I would have _____.

How I'll Practice Consistency

SET
TIMER
FOR 10
MINS

MY DAILY CHECK IN

1. 2-Page Brain Dump
2. Bulletin Board Anchoring In
3. What do I need to know today for my highest good?
4. What do I want today?
5. What's going to be FUN today?