



If I DO...If I DON'T



Name: _____ Date: _____

What's keeping you where you are? Sometimes fear gets us stuck because of what may or may not happen but remember fear is usually a reality that hasn't happened yet and may never happen.

Time to view the bigger picture and to look at all the angles!

This exercise is a great way to get inspired and gain new perspectives and ideas.

	IF I DO (Write your dream or goal or issue here)	IF I DON'T (Write your dream or goal or issue here)
	A) What WOULD happen if I DID make this change?	C) What WOULD happen if I DIDN'T make this change?
What Would Happen →		
	B) What WOULD'T happen if I DIDN'T make this change?	D) What WOULDN'T happen if I DID make this change?
What Wouldn't Happen →		

NOW if you are ready to make the change, get in contact with me and let's DO this!