



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!