

WILLING CHANGE WORKSHEET - Write a goal that will move you forward toward attaining your top desire. Include specific details such as amounts, time, or quality. e.g. I will have \$25,000 saved by age 30. In the right column record any doubt you feel about the statement. Use the model to reduce them.

GOAL:

AFFIRMATION	ORIGINAL DOUBT / REDUCED DOUBT
I deserve to have this because I believe:	
I know I am capable of accomplishing this goal because I believe:	
I can focus on this goal when I believe:	
My mind is open to new ways to achieve this goal because I believe:	
I expect the best outcome because I believe:	
I am willing to do whatever it takes to accomplish this goal because I believe:	
I keep trying until I succeed because I believe:	
I can adapt to the changes this goal brings because I believe:	