

Next Version of Me

Your workbook

Everything you write, score and imagine during the course lives here, so you can look back at Stage 7 and see how far you've come.

This workbook belongs to

I started on

HOW TO USE IT

- **Type or write.** Open it on your computer and type into the boxes, then save. Or print it and use a pen. Both work.
- **Go in order.** Each stage in the workbook matches a stage of the course. Watch or read the stage first, then come here to do the work.
- **Don't judge what you write.** Nobody else needs to see it. Messy and honest beats neat and careful.
- **Keep your scores.** The [score tracker](#) (p. 27) at the back collects all of them in one place.
- **Watch your vision grow.** Your Dream Life from Stage 1 grows into your new life. From Stage 2 onwards, three trackers at the back follow your new life, your BE, DO, HAVE, and your money, time, energy and giving.

BEFORE YOU START

Why there's so much writing (it's on purpose)

This workbook asks you to write, score, reread and update a lot. That's on purpose. Change happens through repetition.

Every time you go back over your vision, the pathways that hold it in your brain get stronger, and it starts to feel familiar instead of far away. Familiar feels safe to your animal brain, and safe is what it follows.

EVERYTHING HERE IS REPETITION

- **Writing is repetition.** Putting it in your own words makes your brain work harder on it, so it sticks.
- **Visualising is repetition.** When you imagine something vividly, your brain uses many of the same areas it uses when you really do it.
- **Rereading is repetition.** Coming back to it over several days works better than doing it all at once.
- **Scoring shows you the change.** People who track their progress are more likely to reach their goals.

THE MINIMUM

Do every stage's exercise, write your first answers, **reread them before each guided exercise**, and fill in your [score tracker](#) (p. 27). That's enough to see the change.

FAST TRACK

Bored after the first go? Let your score decide. If it's **7 or more, and higher than last time**, one go that day is enough: move on. If it's **under 7, or not moving**, do the extra goes and reread your trackers. That's what moves it. Stuck later, or a part still feels strange? Come back and repeat that stage.

IF YOU FEEL STUCK

A score that won't move, a part you can't picture, a vision that feels flat? Use the [vision trackers](#) (p. 26) at the back. They give your brain the extra repetition it needs.

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Here is your week

Seven stages, in order, each building on the last. One a day, or take longer if you need to.

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Breaking free from your current life

Before you start, take a snapshot of where you are today.

BEFORE WE START

2 MIN

Score your current life

Give your current life a score out of 10. Don't overthink it. The first number that comes to mind.

SCORE IT

[Copy to my score tracker \(p. 27\)](#)Current Me /10

e.g. Current Me 7

Today's date

What made you pick that number?

Optional. A few words is plenty.

What would you love to be different by the end of this course?

Optional.

This score matters. At Stage 7 you'll score again, and you'll want to see how far you've come.

STAGE 1 • 30 MINUTES

What is your brain's vision for you?

Meet the two parts of your brain, see what each one wants, and use your first two tools to imagine your dream life.

THREE TOOLS, ALL COURSE LONG

Visualisation (see it), **emotion** (feel it) and **repetition** (do it again). Each one borrows one of your animal brain's own drivers, so it works with you instead of against you.

Animals live in the present. Humans imagine the future.

WRITE IT DOWN 2 MIN

Score your two brains

How much do you use your human brain (planning, choosing, imagining)? And how much does your animal brain (safe, easy, now) run the show?

SCORE IT[Copy to my score tracker \(p. 27\)](#)Human brain /10Animal brain /10

e.g. Human 7, Animal 9

IMAGINE 6 MIN

Imagine your Dream Life: Exercise 1.0

Do the guided exercise first. Then, while it's fresh, write what you noticed with each sense. Not the life you think you should want. The one you really want.



SCAN TO LISTEN
Dream Life • 6 min

See it: where do I wake up, who is with me, what does my day hold?

Hear it: what can I hear? What are people saying to me, and what am I saying to myself?

Feel it: what can I touch? How does this life feel in my body?

Smell it: what can I smell?

Taste it: what can I taste?

My movie trailer: the best moments, one after another

SCORE IT[Copy to my score tracker \(p. 27\)](#)**Dream life** /10**Probability** /10**Achievability** /10

e.g. Dream life 10, Probability 8, Achievability 6

DONE IT TODAY☐

First time

☐

Once more

Fast track: 7+ and higher than last time? One go is enough today.

Well done! Your Dream Life is where your new life starts. From Stage 2 onwards, you'll grow it in [your New Life tracker \(p. 28\)](#) at the back of this workbook. See you tomorrow.

STAGE 2 • 40 MINUTES

How to make your brain work for you

What your brain prioritises, why it needs specific goals, and what you want to BE, DO and HAVE in five years.

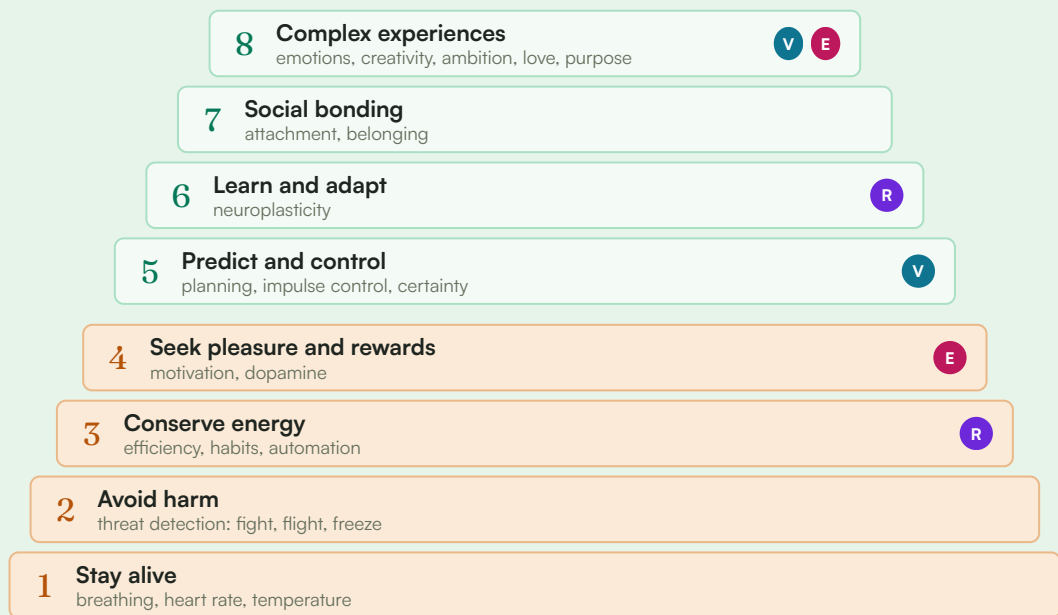
YOUR BRAIN'S EIGHT DRIVERS, FROM STAGE 1

Human brain

Neocortex and prefrontal cortex.
Abilities you can use.

Animal brain

Automatic, instinctive, there from birth.



Read it from the bottom up. Every human function is regulated by, filtered through and constrained by the drives of the animal brain.

V visualisation **E** emotion **R** repetition

Levels 1 to 4 are your animal brain and always come first. Link your goals to **habits and rewards** (levels 3 and 4) and your brain will put them first too.

MAKE YOUR GOALS

Intentional (chosen by you), **personal** (for you, and only you), **engaging** (a little scary is good) and **fulfilling**.

THINK 5 MIN THEN WRITE 15 MIN

Three questions about your Future You

Five minutes per question. Write without judgement, whatever comes to mind. Repeating yourself is fine. Just keep writing.

Stuck? Ask “What else?”, “What would childhood me say?” or “What would older me say?”

1. What do I want to BE in 5 years' time?

Attributes and values

2. What do I want to DO in 5 years' time?

Activities, habits, skills, actions

3. What do I want to HAVE in 5 years' time?

Tangible and intangible: things, time, freedom, peace

IMAGINE 5 MIN

Imagine your Next Version of Me: Exercise 1.0

Reread everything you wrote about BE, DO and HAVE. Then do the guided exercise. Make it vivid. Use all your senses. Flick between watching yourself and being yourself.



SCAN TO LISTEN
Next Version of Me •
5 min

What stood out? What did I notice for the first time?

SCORE IT

[Copy to my score tracker \(p. 27\)](#)

My new life (2) /10

UPDATE MY TRACKERS

☐ [My new life \(p. 28\)](#)

DONE IT TODAY

☐

First time

☐

Once more

Fast track: 7+ and higher than last time? One go is enough today.

YOUR BE, DO, HAVE WILL GROW TOO

From Stage 3 on, add what's new and what you've let go in [your BE, DO, HAVE tracker \(p. 30\)](#), at the back of this workbook.

Well done! See you tomorrow.

Brain hack one: visualisation

The evidence behind mental rehearsal, plus how you want to spend your money, time and energy.

REMEMBER

When you imagine an action, your brain uses the same pathways as when you really do it. And don't skip the win: imagining **success** fires the same reward system as real success.

THINK 5 MIN THEN WRITE 15 MIN

Four more questions

Five minutes per question, without judgement. Stuck? Ask "What else?", "What would childhood me say?" or "What would older me say?"

4. What do I want to spend my **MONEY** on?

5. What do I want to spend my **TIME on?**

6. What do I want to spend my **ENERGY on?**

And what have I stopped giving my energy to?

7. What do I **GIVE other people?**

Often it's what you want or lack for yourself

IMAGINE 5 MIN

Imagine your Next Version of Me: Exercise 1.5

Reread your answers about money, time, energy and giving. Then do the guided Money, Time and Energy exercise. See the success, through your own eyes.



SCAN TO LISTEN

Money, Time and
Energy • 5 min

What did it feel like to spend, rest and give without worry?

SCORE IT

[Copy to my score tracker \(p. 27\)](#)

My new life (3) /10

e.g. My new life (3) 10

UPDATE MY TRACKERS

☐
[My new life \(p. 28\)](#)
☐
[BE, DO, HAVE \(p. 30\)](#)

DONE IT TODAY

☐

First time

☐

Once more

Fast track: 7+ and higher than last time? One go is enough today.

ONE MORE TRACKER

From Stage 4 on, track your money, time, energy and giving in [tracker 3 \(p. 32\)](#), at the back of this workbook.

Well done! See you tomorrow.

STAGE 4 • 20 MINUTES

Brain hack two: emotion

Why emotion decides what your brain treats as important, and how to use it deliberately.

Your brain does not hold back emotion when you imagine something. You feel it as if you were there.

So today, don't just see it. **Feel it.**

IMAGINE 5 MIN

Imagine your Next Version of Me: Exercise 2.0

Reread everything: BE, DO, HAVE, money, time and energy. Then do the guided exercise with the feelings turned up.



SCAN TO LISTEN
Money, Time and
Energy • 5 min

Which feelings came up? Name as many as you can.

Where did I feel them in my body?

Chest, stomach, shoulders, face, hands...

Which moment felt strongest?

SCORE IT

[Copy to my score tracker \(p. 27\)](#)

My new life (4) /10

DONE IT TODAY

☐

First time

☐

Once more

Fast track: 7+ and higher than last time? One go is enough today.

UPDATE MY TRACKERS

☐

[My new life \(p. 28\)](#)

☐

[BE, DO, HAVE \(p. 30\)](#)

☐

[Money, Time, Energy, Giving \(p. 32\)](#)

STAGE 5 • 20 MINUTES

Brain hack three: repetition

Turning your vision into your brain's new default, the way habits actually form.

THE PATH THROUGH THE FOREST

Walk the same route again and again and a path forms. Every time you repeat the exercise, the path to your Next Version of Me gets clearer and easier to walk.

BEFORE YOU PRESS PLAY

Reread everything you've written

- | | |
|---------------------------------|---------------------------------|
| ☐ BE | ☐ DO |
| ☐ HAVE | ☐ MONEY |
| ☐ TIME | ☐ ENERGY |
| ☐ GIVING | |

IMAGINE 5 MIN

The full stack

- ☐ I visualised the actions
- ☐ I visualised the success
- ☐ I felt the emotions of both



SCAN TO LISTEN
Money, Time and
Energy • 5 min

What's getting clearer, or easier to picture, each time?

SCORE IT

[Copy to my score tracker \(p. 27\)](#)

My new life (5) /10

DONE IT TODAY

- ☐ First time ☐ Once more

Fast track: 7+ and higher than last time? One go is enough today.

UPDATE MY TRACKERS

- ☐ [My new life \(p. 28\)](#) ☐ [BE, DO, HAVE \(p. 30\)](#) ☐ [Money, Time, Energy, Giving \(p. 32\)](#)

STAGE 6 • 30 MINUTES

Reverse the self-sabotage

Rumination is the same tool pointed the wrong way. Spot it, flip it, and use the Deep Dive if you're stuck.

Visualisation, emotion, repetition. You've been running the full stack for years. Just pointed at what you fear.

WRITE 10 MIN

Flip your fears

On the left, write what you replay and worry about. On the right, write what you want instead. That's what you'll rehearse from now on.

#	WHAT I REPLAY AND FEAR	WHAT I WANT INSTEAD
1		
2		
3		
4		
5		
6		
7		
8		

Look at your life right now. Do you have more of your...

☐ fears

☐ desires

IMAGINE 5 MIN

Imagine your Next Version of Me: Exercise 2.0

Reread everything and do the guided exercise.



SCAN TO LISTEN
Next Version of Me •
5 min

SCORE IT

[Copy to my score tracker \(p. 27\)](#)

My new life (6) /10

DONE IT
TODAY

☐

First time

☐

Once more

Fast track: 7+ and higher than last time? One go is enough today.

DEEP DIVE 10 MIN

The part you keep skipping

Use the guided Deep Dive for one part of your vision you skip or can't quite picture.



SCAN TO LISTEN
Deep Dive • 5 min

The part I keep skipping, or can't quite picture

Who did I picture living it first? How did they look, sound and move?

When I tried it on, what felt strange or tight? And where did the feelings sit in my body?

What feels a little more familiar now?

DONE IT TODAY

☐

First time

☐

Once more

Fast track: 7+ and higher than last time? One go is enough today.

UPDATE MY TRACKERS

☐
[My new life \(p. 28\)](#)
☐
[BE, DO, HAVE \(p. 30\)](#)
☐
[Money, Time, Energy, Giving \(p. 32\)](#)

STAGE 7 • ABOUT 45 MINUTES

Pull it together and choose your first goal

Turn your vision into one clear goal for the next 3 months, and take the first step today.

TODAY, IN 7 STEPS

- | | |
|--|--|
| 1 Pull it all together
Your three final pages. | 5 Choose your goal
One goal, 3 months. |
| 2 Your new description
Then the Next Version of Me exercise. | 6 Plan for the bump
Your if-then plans. |
| 3 Your quick why
Three things, and why they matter. | 7 Take the first step
Today or tomorrow. |
| 4 Score your transformation
Start versus now. | |

1 • WRITE 15—20 MIN

Pull it all together

Over six stages your vision has grown. For each of your three final pages, read your original answer and every row of its tracker. Then write the version that's true for you now.

- ☐ My new life, final version: [read the tracker](#) (p. 28)
 - ☐ My final BE, DO, HAVE: [read the tracker](#) (p. 30)
 - ☐ My final money, time, energy and giving: [read the tracker](#) (p. 32)
- Didn't use the trackers? That's fine. Work from your first answers and what you remember.

STAGE 7 • FINAL

My new life, final version

Your original from Stage 1, plus everything you added and let go.

See it

Hear it

Feel it: touch, and how it feels in my body

Smell it

Taste it

My movie trailer

STAGE 7 · FINAL

My final BE, DO, HAVE

Your Stage 2 answers, plus everything you added and let go.

I am (BE)

Attributes and values

I do (DO)

Activities, habits, skills, actions

I have (HAVE)

Tangible and intangible

STAGE 7 • FINAL

My final money, time, energy and giving

Your Stage 3 answers, plus everything you added and let go.

I spend my MONEY on

I spend my TIME on

I spend my ENERGY on

And what I no longer give my energy to

I GIVE

My Next Version of Me

A vivid, detailed description, written in the present tense, as if you're already living it. Use your three final pages. This is what you'll read before your daily exercise from now on.

2 • IMAGINE 5 MIN

Next Version of Me exercise

Read your new description, then do the guided exercise.



SCAN TO LISTEN
Next Version of Me •
5 min

3 • WRITE 5 MIN

Your quick why

Goals that come from what you truly value are the ones you keep going with. From your final pages, pick the 3 things that matter most. For each: why does it matter to me? And what does that give me? Write that last answer in one or two words. If it's about avoiding something ("not stressed"), flip it into what you're moving towards ("calm").

e.g. Sundays free → time with my kids → **connection**

#	WHAT MATTERS MOST	WHY DOES IT MATTER TO ME?	MY WHY (1 OR 2 WORDS)
1			
2			
3			

IMAGINE 2 MIN

Fulfilled Me exercise

Read your three whys. Then imagine a life where you have all of them, in abundance.



SCAN TO LISTEN
Fulfilled Me • 2 min

Fulfilled Me: what does this life look like? How do I feel? Who am I?

4 • SCORE YOUR TRANSFORMATION

[Copy to my score tracker \(p. 27\)](#)

	AT THE START	NOW	THE GAP
Current Me			
Dream life → My new life			
Probability			
Achievability			

“At the start” comes from Welcome and Stage 1. That gap is your transformation.

Look how far you’ve come

Over six stages you have focused your brain on the life you want, made it specific, clear and familiar (and so less scary and more achievable), got your human brain and animal brain working together, moved from “this is happening to me” to purpose, direction and choice, and found what matters most to you.

Celebrate: what am I proud of from this course?

Celebrating isn’t optional. It’s the dopamine that keeps the loop running.

WANT TO GO DEEPER?

Finding it hard to say what you want? Do your goals often turn out to be for other people? Scores won’t move? **What Really Matters to Me** is a short guided programme, in small steps, that digs into your deeper whys. Coming soon.

STAGE 7 • 5

Choose your goal for the next 3 months

Why one goal? All your focus goes one way, progress builds on itself, and you know what to do each day. **Why 3 months?** New habits took about 66 days on average to become automatic in a well-known study (Lally, 2010). Long enough to build the habit, short enough to keep it urgent.

CHOOSE A GOAL THAT

- ☐ Comes from my final pages
- ☐ Gives me as many of my three whys as possible
- ☐ Benefits me more than anyone else (parents too: your children copy what you do)

HONEST CHECK

Who is this goal really for? If no one else ever knew about it, would I still want it? If the answer is no, choose again.

- ☐ Yes, I'd still want it

My goal

Simple, specific, with a date

I will achieve it by

My objectives

How you'll get there. Each one action-based, specific, measurable, with a date. e.g. "Exercise for 30 minutes, 5 times a week."

#	OBJECTIVE	HOW I'LL MEASURE IT	BY WHEN
1			
2			
3			
4			

STAGE 7 • 6 AND 7

Plan for the bump in the road

Picturing the dream can make your brain feel as if you're already there, so it relaxes. Putting the dream next to the bump makes your brain see a gap it has to close. Deciding now what you'll do when the bump comes means you don't have to decide in the moment.

6 • WRITE 5 MIN

My if-then plans

What's most likely to stop you? Write a plan for each one. e.g. If I'm too tired after work to exercise, then I'll do 10 minutes before dinner instead.

If I miss a step or feel I'm not getting there, then I

If then

If then

If then

Copy these to [your 90-day plan](#) (p. 34). Add more there whenever a new bump turns up.

7 • ACT TODAY

Take the first step

While your brain is primed, take one small action towards your first objective, today or tomorrow. This is step 1 on [your steps page](#) (p. 37).

My first small step

I'll do it on

☐ Done! I've written it as step 1

YOUR TRACKERS • USE THEM AS YOU GO

Watch your vision grow

Your vision changes as you go. Things get added, things fall away. Your score tracker and three vision trackers keep it all in one place, so at Stage 7 you can see how far you’ve come and pull it together.

HOW TO USE THEM

1

Do the stage’s exercise first

Then come here.

2

Reread your original

Each tracker links back to where you first wrote it. Tick Reread when you have.

3

Add a row for today’s stage

What’s new, and what you’ve let go. Leave a box empty if nothing changed.

4

Go back to your stage

Tap the stage number on any row to jump back.

TRACKER	START USING IT	
My scores (p. 27)	Welcome	Every score, in one place
1. My new life (p. 28)	Stage 2	5 senses
2. My BE, DO, HAVE (p. 30)	Stage 3	BE, DO, HAVE
3. My money, time, energy and giving (p. 32)	Stage 4	MONEY, TIME, ENERGY, GIVING

SCORE TRACKER • EVERY STAGE

All my scores in one place

SCORE TRACKER

Copy each score here as you go. Tap a stage to jump to where you make that score. At Stage 7 you'll compare the start with the end.

WHEN	SCORE	OUT OF 10
Welcome (p. 4)	Current Me	
Stage 1 (p. 5)	Human brain	
	Animal brain	
Stage 1 (p. 6)	Dream life	
	Probability	
	Achievability	
Stage 2 (p. 9)	My new life (2)	
Stage 3 (p. 12)	My new life (3)	
Stage 4 (p. 13)	My new life (4)	
Stage 5 (p. 14)	My new life (5)	
Stage 6 (p. 16)	My new life (6)	
Stage 7 (p. 23)	My new life (7)	
	Probability	
	Achievability	

TRACKER 1 • FROM STAGE 2 ONWARDS • PAGE 1 OF 2

My new life: how it’s growing

Your Dream Life from Stage 1 is the seed. From Stage 2 onwards it grows into your new life: things get added, things fall away. After each stage’s exercise, reread [your original Dream Life](#) (p. 5) and tick Reread. Then add what’s new and what you’ve let go, sense by sense. Leave a box empty if nothing changed.

STAGE		ADDED	TAKEN AWAY
2 go to stage ☐ Reread	SEE		
	HEAR		
	FEEL		
	SMELL		
	TASTE		
3 go to stage ☐ Reread	SEE		
	HEAR		
	FEEL		
	SMELL		
	TASTE		
4 go to stage ☐ Reread	SEE		
	HEAR		
	FEEL		
	SMELL		
	TASTE		

My new life: how it’s growing continued

STAGE		ADDED	TAKEN AWAY
5 go to stage ☐ Reread	SEE		
	HEAR		
	FEEL		
	SMELL		
	TASTE		
6 go to stage ☐ Reread	SEE		
	HEAR		
	FEEL		
	SMELL		
	TASTE		
7 go to stage ☐ Reread	SEE		
	HEAR		
	FEEL		
	SMELL		
	TASTE		

TRACKER 2 • FROM STAGE 3 ONWARDS • PAGE 1 OF 2

My BE, DO, HAVE: how it’s growing

After each stage’s exercise, reread [your original answers](#) (p. 8) and tick Reread. Then add what’s new and what you’ve let go. Leave a box empty if nothing changed.

STAGE		ADDED	TAKEN AWAY
3 go to stage ☐ Reread	BE		
	DO		
	HAVE		
4 go to stage ☐ Reread	BE		
	DO		
	HAVE		
5 go to stage ☐ Reread	BE		
	DO		
	HAVE		

My BE, DO, HAVE: how it’s growing continued

STAGE		ADDED	TAKEN AWAY
6 go to stage ☐ Reread	BE		
	DO		
	HAVE		
7 go to stage ☐ Reread	BE		
	DO		
	HAVE		

TRACKER 3 · FROM STAGE 4 ONWARDS · PAGE 1 OF 2

My money, time, energy and giving: how it's growing

After each stage's exercise, reread [your original answers](#) (p. 10) and tick Reread. Then add what's new and what you've let go. Leave a box empty if nothing changed.

STAGE		ADDED	TAKEN AWAY
4 go to stage ☐ Reread	MONEY		
	TIME		
	ENERGY		
	GIVING		
5 go to stage ☐ Reread	MONEY		
	TIME		
	ENERGY		
	GIVING		

My money, time, energy and giving: how it’s growing continued

STAGE		ADDED	TAKEN AWAY
6 go to stage Reread	MONEY		
	TIME		
	ENERGY		
	GIVING		
7 go to stage Reread	MONEY		
	TIME		
	ENERGY		
	GIVING		

My 90 days

You've made your new life familiar. Now practise the road: your goal, your next step, and your bump.

My goal

Who I'm becoming

My bumps and if-then plans

If I miss a step or feel I'm not getting there, then I

If then

If then

If then

If then

If then

If then

MY DAILY GOAL PRACTICE 7 MIN

1 Step into my new life

30 seconds. Who I am.

2 See the goal done

30 seconds. How does it feel?

3 Rehearse my next step

2 minutes. Where, when, and how it feels when it's done.

4 Meet the bump, and handle it

2 minutes. Feel the old pull, then watch yourself do your plan.



SCAN TO LISTEN
My Daily Goal
Practice • 7 min

Then tick the day on [My weeks](#) (p. 35). Finished a step? Date it and write the next one on [Steps I've taken](#) (p. 37). Missed a day? It doesn't undo anything.

AFTER THE COURSE • EVERY DAY, PLUS 5 MINUTES ON SUNDAY

My weeks

Tick each day you do your daily goal practice. On Sunday, fill in the rest of the row. Goal score: how likely I am to reach my goal, out of 10.

	M	T	W	T	F	S	S	STEPS THIS WEEK	STEPS SO FAR	GOAL SCORE	THE BUMP, AND WHAT I DID
Wk 1	☐	☐	☐	☐	☐	☐	☐				
Wk 2	☐	☐	☐	☐	☐	☐	☐				
Wk 3	☐	☐	☐	☐	☐	☐	☐				
Wk 4	☐	☐	☐	☐	☐	☐	☐				
Every 4 weeks, look back: my goal score now, compared with Stage 7. Steps so far. A new bump? Add an if-then plan to my plan (p. 34).											
Wk 5	☐	☐	☐	☐	☐	☐	☐				
Wk 6	☐	☐	☐	☐	☐	☐	☐				

AFTER THE COURSE

My weeks continued

	M	T	W	T	F	S	S	STEPS THIS WEEK	STEPS SO FAR	GOAL SCORE	THE BUMP, AND WHAT I DID
Wk 7	☐	☐	☐	☐	☐	☐	☐				
Wk 8	☐	☐	☐	☐	☐	☐	☐				
Every 4 weeks, look back: my goal score now, compared with Stage 7. Steps so far. A new bump? Add an if-then plan to my plan (p. 34).											
Wk 9	☐	☐	☐	☐	☐	☐	☐				
Wk 10	☐	☐	☐	☐	☐	☐	☐				
Wk 11	☐	☐	☐	☐	☐	☐	☐				
Wk 12	☐	☐	☐	☐	☐	☐	☐				
Every 4 weeks, look back: my goal score now, compared with Stage 7. Steps so far. A new bump? Add an if-then plan to my plan (p. 34).											
Wk 13	☐	☐	☐	☐	☐	☐	☐				

AFTER THE COURSE • EVERY TIME YOU FINISH ONE

Steps I’ve taken

Steps so far No target. Just the next one.

Each time you finish a step, write the date. Then write your next step on the next line. Choose rewards that fit your goal, so the reward celebrates the progress.

#	MY NEXT STEP	DATE DONE
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
Step 10! My reward: 		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
Step 25! My reward: 		

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AFTER THE COURSE

Steps I've taken continued

#	MY NEXT STEP	DATE DONE
26		
27		
28		
29		
30		
31		
32		
33		
34		
35		
36		
37		
38		
39		
40		
41		
42		
43		
44		
45		
46		
47		
48		
49		
50		
Step 50! My reward:		

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AFTER THE COURSE

Steps I’ve taken continued

#	MY NEXT STEP	DATE DONE
51		
52		
53		
54		
55		
56		
57		
58		
59		
60		
61		
62		
63		
64		
65		
66		
67		
68		
69		
70		
71		
72		
73		
74		
75		
Step 75! My reward:		

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AFTER THE COURSE

Steps I’ve taken continued

#	MY NEXT STEP	DATE DONE
76		
77		
78		
79		
80		
81		
82		
83		
84		
85		
86		
87		
88		
89		
90		
91		
92		
93		
94		
95		
96		
97		
98		
99		
100		
Step 100! My reward:		

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KEEP THE HABIT

Congratulations. Your transformation has started.

Every step and every bump you handle strengthens the path towards your vision. Keep counting your steps and scoring your goal, and celebrate your wins along the way.

A note to myself, to read on a hard day

Want support on your journey?

Scan a code with your phone camera to message me. On screen, you can just tap it.



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