

COMPELLING REASON EXERCISE

3. What will happen if you don't complete this?
4. What discomfort will this cause? Why will it be worth it?
5. Write your exact commitment below. Create a timeframe. Make it measurable. Make it Exciting.



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9. Do you trust yourself here? Why or why not?

10. How will you handle the discomfort of evolving, changing, and disrupting your familiar and comfortable patterns? Write a few sentences below.

11. What is the massive action you must commit to doing regularly to fulfill your commitment? Explain it here.

