

Life Booster

This quick exercise has been designed to give you a boost in your life with real actionable steps that you can implement today.

1. What is something you have been thinking about doing for a while, but you haven't got around to doing?
2. Why do you want to do it?
3. What is holding you back from doing it?
4. What do you gain from **not** doing that thing you described in number 1?
5. What will you gain if you **do** the thing you described? List as many things as possible...
6. What is **one small thing** you can do today, that will put you on the right track to getting that thing you talked about in step 1 done?
7. Who will hold you accountable for doing it?
8. How will you know when it is done?