



Plan for Success

My _____ **Plan**

Self esteem, and confidant, relationship, self love

I _____ have _____

Your name

your goals clearly stated in the positive. Loads of self-esteem, confidence

Bold, Beautiful and Strong You



Plan for Success

Plan(s):

(The 3 or 4 or major ways or ideas you ALREADY have but haven't really written down or committed to bring your desired goal around - you already have an inkling of these things - this is not hard this is about you simply giving yourself permission to acknowledge what your higher self has been trying to transmit to you)

Examples: I am going to honor myself for.....I am going to acknowledge myself for.....

#1 _____

#2 _____

#3 _____

#4 _____

Your Signature and Date: _____



Bold, Beautiful and Strong You

Why and How This Works

Remember the mind MUST be commanded - if you leave a mind to find its own answers, it will get swayed with fear and angst.

If you want to RID your mind of FEAR you must be vigilant and COMMAND your mind every day by reading this PLAN out loud as soon as you wake up in the am and just before bed each night.

Next visualize yourself having all the confidence you desire right now- feeling how great it feels to HAVE the confidence NOW! This is EASY to do and easy NOT to do!

Success is simply a matter of habits performed regularly. Put yourself in the habit of success and achieving your goals. Take the challenge JUST for 30 days - any time your mind starts barking - "shhh just for 30 days" remind it - because who is the boss?

You're the boss! Remember that!

Use this worksheet as a guide - write your plan out in your own handwriting, keep it under your pillow where you will have easy access to it each day and night. You'll be amazed at how things begin aligning to bring themselves into harmony with your desires! AMAZED! Don't forget to celebrate these wins with us! We're cheering you on all the way!!

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