



Journal Prompts

In Phase 1, you mentioned that making changes was important to you because (insert Big MOFA).....

What is most important about that?

Is there anything that we missed or that you would like to add to the big MOFA that feels important, or that might increase your motivation to follow through?

So what is the minimum follow-through that you can pleurably commit to this week that would make you feel really, really good?

What, if anything, might stop you or prevent you from following through this next week?

What, if anything, needs to be in place this week to set you up for inevitable success?

Next - Are you ready for a challenge? I want you to practice bumping yourself to the top of the priority list for the next 7 days.

What that means is that follow-through is like a sacred appointment that you can't cancel. You are likely going to be tested by this with rationally important deadlines or someone needing you.

As we're building healthy habits, I'm going to be asking you to do things differently than you have done in the past. You'll learn from that. If you don't like it or it's not working we'll change it. So this week YOU are at the top of the priority list.

Are you willing to commit to that?

Given that, what if anything might you have to let go of this week in order to manifest this result?