

What if.....(write down the problem, goal or fear)

DEFINE (all the worst things that could possibly happen)	PREVENT (what can I do to prevent each of these things from happening / or decrease likelihood even a little bit)	REPAIR (If the worst case scenario happens what can I do to repair the damage? Who can I ask for help?)

If I had to rate the pain out of 10 what would it be? /10

Work less. Earn more. 'DO LIFE'.



Let's Talk

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What might be the benefits of an attempt or partial success? (Take 10-15 minutes)

Emotionally	Physically	Financially

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What would be the result of inaction....

6 Months From now	1 Year from now	3 Years from now
Rate Pain out of /10	Rate Pain out of /10	Rate Pain out of /10

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