

Turning *Passion* into *Purpose* and *Purpose* into *Passion* with 1-1-1 forward motion. Achieving emotional and psychological balance can be a life-long process. This wellness involves understanding who you are, how you came to be who you are, and identifying what brings you personal joy and fulfillment. There are always opportunities to become who you want to be, and it starts today, with you.

Research indicates behavior change can take 21-66 days. Using this 1 Month, 1 Week, 1 Day worksheet can help you stay focused on the immediate tasks resulting in the long-term rewards. These changes can be internal or external. This is your personal worksheet so dare to be you!

MY LONG-TERM DESIRES ARE:

START DATE:

FINISH DATE (30/60 DAYS):

1. THIS MONTH'S INCREMENTAL STEPS TO ACHIEVE THESE DESIRES ARE:

PERSONAL STEPS

PROFESSIONAL STEPS

What do I need in preparation to achieve these steps?

1. THIS WEEK'S INCREMENTAL STEPS TO ACHIEVE THESE DESIRES ARE:

PERSONAL STEPS

PROFESSIONAL STEPS

What do I need in preparation to achieve these steps?

1. MY DAILY INCREMENTAL STEPS THAT I AM COMMITTED TO ARE:

PERSONAL STEPS

PROFESSIONAL STEPS

What do I need in preparation to achieve these steps?

Keep Your Eye on the Prize - What is Your REWARD for mastering the above?

