

Give it a try!

Wish: What is an important wish that you want to accomplish in the next _____ [time period]?

Your wish should be challenging but feasible. Write your response in 3 to 6 words.

Outcome: What will be the best result from accomplishing your wish?
How will you feel?



Hold it in your mind. Take a moment to really imagine it.

Obstacle: What is the main obstacle inside you that might prevent you from accomplishing your wish?



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Plan: Select an effective action to tackle the obstacle.

If _____,

then I will _____.

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