



Worksheet : Custom Designing Your life & Controlling your experience.

List 5 things you can not control in your life.

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things you can control in your life.

- 1.
- 2.
- 3.
- 4.
- 5.

Ask yourself.

Can I discipline myself within my current circumstances to accomplish xy & z?

If I can't discipline myself what can I change about my current circumstances that will allow for a better succession toward my goal.

If you had more TIME what would you do with it?

What are 3 things that you can adjust in your plan to start creating your life to be closer to your custom design.

It is all possible! Pray, Know, Plan Act

List some adjectives that you have experienced when you have been on track healthy and feeling health run through your veins?

Do you think having access to tools like on demand online workshops & spin classes, online support forum, or a personal coach could help you better control your experience? If you answered yes, I won't be hunting you down, because I personally hate to be pressured or controlled, however I do want to make sure you know where to find me and my services if you do decide any of my free or fee based services could help you get where you want to go.