Mind Alchemy Final day – Part 3

This part of todays exercise is about picking one outcome you want to achieve within 1 year and write out all the steps necessary to achieve it.

I know we have looked at your outcomes already, but with your new knowledge about yourself and new motivations, this exercise will keep you spurred and motivated to keep taking action.

In the first box just brainstorm and write out every single thing you can think of that will be required.

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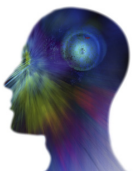
In the second box, write down a logical step by step plan using all the steps you brainstormed with.

Once you have completed that start taking action on each step and put a check mark once each step has been completed.

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