

My Key Motivators



Imagine yourself at a future time experiencing the improvements in your issues because you have taken positive steps. Do you have time to do the things you love because you're not waiting in doctors' offices? What do you love to do? Picture yourself doing that. How have your relationships changed? If you are currently married what does this mean to you? If you are unattached, what magically has happened in your world? What are you eating? What can your body do that it cannot do now? How can you spend your money when you are not spending it on medical bills? What legacy are you creating for your family, your business, or the world? What are you able to forget about? What little things are a big deal now that no longer affects you? How many smiles do you see? How much joy do you feel? What sights, sounds, feelings, and smells are you experiencing? What are you touching? Who are you touching? The more real, the more distinct, the more sharply you envision your future, the more motivation you will have.

Home life	Family/ friends/ significant other
Financial	Professional
Recreation / Artistic / Athletic	Spiritual