**Clarity.Choice.Change**

**Online Class – Workbook**

**Welcome to this month’s Live Online Class and I am delighted you are taking some time out to do the class.**

**It will be 30 minutes of Gaining Clarity, Preparing for Making Good Choices with the aim of having wonderful change. Enjoy ☺**

**5 Minute Mindset Exercise**

(Instructions will be given in the class)

**1 Minute of Gratitude**

**1 Minute of Clarity**

**1 Minute of Belief**

**1 Minute of Visualisation**

**1 Minute of Allowing (Positive Affirmations)**

**CLARITY**

**Follow the instructions given in the class for this section.**

**CHOICES**

**Follow the instructions given in the class for this section.**

**CHANGE**

**Follow the instructions given in the class for this section.**

**My Action Plan**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goals** | **What choices bring me closer to my goals?** | **What choices bring me further away from my goals?** | **What action do I need to take to accomplish great change?** | **Who can help me or what can help me on my path to change?** |
| (eg. Lose weight) | (eg. Healthy eating & self-love) | (eg. Self-sabotage and self-loathing) | (eg. Eat in a way that feels good to me, not restrictive but healthier) | (eg. I could ask a friend to join me on walks or for support. I could join an exercise class) |
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***“I Can & I Will Watch Me”***