It’s Time to Change

Worksheet 1

What changes do you constantly say you are going to make but you never follow through?

(e.g. health, weight loss, career change, education, relationships etc.)

What excuses do you tell yourself?

How long have you wanted these changes for?

(eg. days, weeks, months, years)

How does it make you feel to not have succeeded?

Join me for Video & Worksheet 2 to figure out how to Overcome these Excuses & Blocks and get moving…