

10 WAYS TO CHANGE YOUR LIFE TODAY CHECKLIST

- (1) **Decide** that you are ready, willing, and want to change.
- (2) **Define** your vision by writing everything you see and want for your life.
- (3) **Modify** the vision into a goals list starting with the easiest thing to accomplish first.
- (4) **Create** a calendar timeline for the items on the list and modify them as tasks.
- (5) **Schedule** your normal routine and make space for time to task what's on your goals list.
- (6) **Meditate** and/or pray. *(I usually start my days with meditation and thanksgiving and end the evening with the same).*
- (7) **Forgive** occurrences, things, and people.
- (8) **Budget** and follow the model above. *(Write your the financial vision and desire you have for your life, modify into a list, create a calendar timeline for the items on the list and modify them to tasks, and integrate into your routine).*
- (9) **Chart** a wellness plan and follow the model. *(Vision, List, Chart, Schedule).*
- (10) **Do mirror** work and something nice for yourself, a family member, friend, or stranger every day. *(Mirror work is looking in the mirror and making affirmations and/or declarations about the love you have for yourself, your life, your circle, community, etc..)*

LIST FOR CHANGE

Decide
Define
Modify
Create
Schedule
Meditate
Forgive
Budget
Chart
Mirror