



# PUT YOUR FOOT ON THE GAS AND LET'S GET GOING!

Follow these 5 steps in this order to start improving your life today!



**DEFINE:** What part of your life are you going to work on first? You need the category and a description of what you are going to do. Adding more specifics and details will help clarify your goal.

**I AM GOING TO WORK ON:**

**I WANT TO CREATE:**

**REALIZE:** You already have what it takes to do anything you want, you just need to realize it.

*On the arrow to the left write your job/accomplishment and to the right add in ALL of the traits/skills you possess that helped you along the way.*



**IMAGINE:** Here's where you envision exactly what it's going to look like when you are at the finish line. You'll need as much detail as possible.

*Don't worry if you are not an artist, this image will live in your mind's eye.*



**VOICE:** Say it out loud to yourself, your family and your friends. Give voice to your goal and you'll be much more likely to make it happen. When you say it, you own it.



**ENERGIZE:** You need to decide on the first few steps that will move you towards your goal. **The first step should take no longer than 30 minutes.** Once you start, momentum will kick in and you'll be able to keep going.

☐ My First Step Is:

☐ My Second Step is:

☐ My Third Step is:



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