

My Choice Chain In Action

Worksheet 1

1. What's something that would be good for you to finish, something you've been putting off?

What is it? _____

How would it help you? What would be the benefit(s) of finishing it?

2. What is it costing you by not taking action? Think in terms of your time, relationships, finances, self-improvement, or stress level.

THE CHOICE CHAIN

