

# Give it a try!

Wish: What is an important wish that you want to accomplish in the next \_\_\_\_\_ [time period]?

*Your wish should be challenging but feasible. Write your response in 3 to 6 words.*

Outcome: What will be the best result from accomplishing your wish?  
How will you feel?



*Hold it in your mind. Take a moment to really imagine it.*

Obstacle: What is the main obstacle inside you that might prevent you from accomplishing your wish?



*Hold it in your mind. Take a moment to really imagine it.*

Plan: Select an effective action to tackle the obstacle.

If \_\_\_\_\_,

then I will \_\_\_\_\_.