

MY THOUGHTS	WHAT AM I GOING TO DO ABOUT IT
List the things I'm happy with in my life	List what I'm going to do about it and how
List the things I'm Not happy with in my life	List what I'm going to do about it and how
List the things I want to change about my life	List how you are going to go about making the change to get your solution
List the things I can accept today without changing anything in my life	List why you can accept these things in your life today without any changes