

THE BEFORE AND AFTER PROCESS

IDENTIFY YOUR BEFORE

What do you want for your life that you don't already have? Pick one area to focus on.....

1 What are the facts of your current situation?

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2 What are your thoughts about your current situation?

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3 How are you feeling in this current situation with these current thoughts?

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4 How do you act and behave in this situation when you feel this way?

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5 What is the result of you acting and behaving this way?

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CREATING YOUR AFTER

1 What is the best case situation?

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2 What do you think and believe about it that makes it so awesome?

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3 How does it feel to have it and think about it this way?

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4 How do you act and behave differently because of it?

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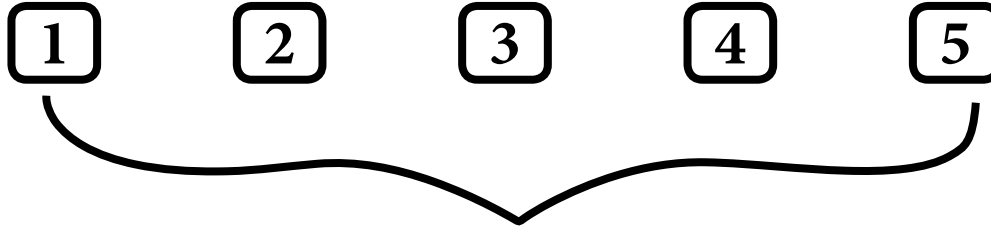
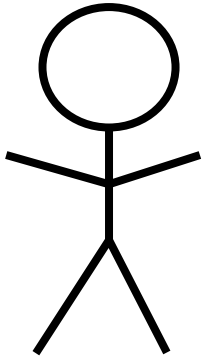
5 What is the ultimate result you get when this dream is reality?

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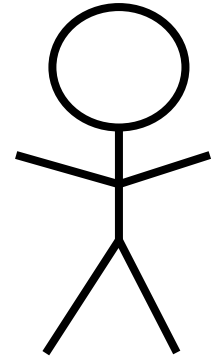
On the next page, put your before and after answers into a model, next to each other, to see the contrast.

THE BEFORE AND AFTER MODELS

Before



After



The Process

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