

ACHIEVING YOUR DREAMS WITHOUT FEAR

**A SIMPLE GUIDE TO LIVING
THE LIFE YOU DESERVE**

CHECKLIST



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Making My Plan:

- ☐ Set my SMART Goals:
 - ☐ Specific
 - ☐ Measurable
 - ☐ Attainable (divided goals into mini-goals)
 - ☐ Realistic for me
 - ☐ Time limited
- ☐ Designed a plan that allows daily progress toward my goals
- ☐ Determined which fears might be stopping me
- ☐ Discovered new, empowering beliefs to replace my fears

Succeeding With My Plan:

- ☐ I work my plan every day.
- ☐ I set aside time for prayer and/or meditation.
- ☐ I keep my self-talk positive.
- ☐ I replace fearful thoughts with positive, empowering beliefs without delay.
- ☐ I work on facing my fears each day.
- ☐ I strive to live fully in each moment, not thinking about yesterday or tomorrow.
- ☐ I use affirmations to affirm my new beliefs.
- ☐ I seek out experiences each day that will validate my new beliefs.
- ☐ I think of life as a great adventure and I look forward to whatever it sends my way.
- ☐ I seek workable solutions rather than worrying when challenges arise.