



## Should You?

Finish the sentence, "I should..."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now look at each item and ask yourself, "Why should I....?"

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Cross off your list any items that you no longer have an interest in keeping (e.g. ones that are on there purely for external reasons, or for someone else's agenda). Now take the ones you are going to keep and put them in this format:

"I want to..."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Doesn't that feel so much better?! Now that you are free to willingly choose, and you are excited about the things you want to be doing, ask yourself:

"Why haven't I yet?"

Then... begin.