

Face it Planner

10 step planner

Where am I now?	Visualise yourself succeeding and how good you or others will feel.	1 <input type="checkbox"/>
3 <input type="checkbox"/>		2 <input type="checkbox"/>
4 <input type="checkbox"/>		5 <input type="checkbox"/>
7 <input type="checkbox"/>		6 <input type="checkbox"/>
8 <input type="checkbox"/>		9 <input type="checkbox"/>
Where I want to be:		10 <input type="checkbox"/>

Take slow, steady steps. Each step small enough to be do-able, and big enough to move things forwards.