

# SIX STEPS TO ACTION

1. What do I want?

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2. Why do I want it (big picture)?

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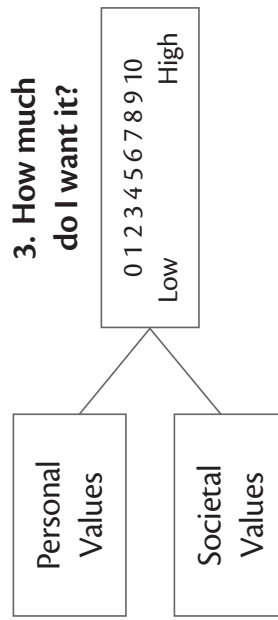
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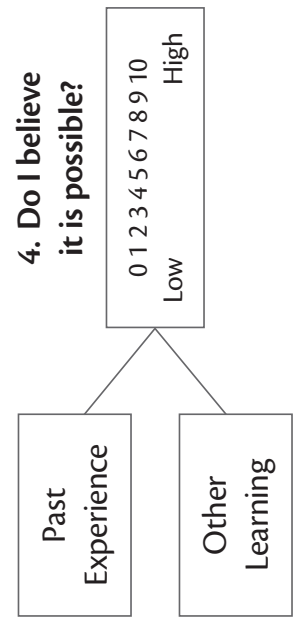
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3. How much do I want it?



4. Do I believe it is possible?



5. Is it worth it?

Cost (Don't want)	Benefits (Want)
0 1 2 3 4 5 6 7 8 9 10 No Yes	



6. Action  
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Take a  
step

Remember, if the benefits outweigh the cost, you must keep your thoughts focused on the benefits so that you can take action.