

Behavior

Belief

Result

What desired result do you want from your business?

How are you going to feel once you accomplish your goals?

Instructions: Write out your positive/negative beliefs and behaviors that are connected to the desired result.

Current Positive BELIEF (core)	Negative BELIEF (Self-limiting or fixed)	New Positive BELIEF (to replace negative belief)	Current Positive BEHAVIOR	Current Negative BEHAVIOR	New Positive BEHAVIOR (to replace negative behavior)



“ I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.”  
- Leonardo da Vinci

What three strategies are you going to employ to reach your desired result?

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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