

Be + Do = Have

In order to be able to get what we want we have to be clear on what it is that we actually want! Humans are really good at knowing what they don't want, and generally less clear on what they do. So, in this exercise, use your journal or print and hand write out what is that you want to achieve by completing this course.

What I want to achieve by completing this course is:

In order to get stuff, you have to do stuff, so what are you prepared to DO, especially in those times when motivation is low, to spark up your own personal motivation and do the do?

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[illegible]

your signature