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?

Remember that in order to achieve what you want to achieve, you have to upgrade your BEingness, your thinking. Write a paragraph and sign it to show who you want to be, what qualities do you want to magnify and which ones do you want to 'let be' and what you are prepared to do to upgrade you
Icommit to BEing and DOing these things to your name
make my results happen:
your signature